VANCOUVER metro®

NEWS WORTH SHARING.

No end to home woes for Canucks

L.A.'s Anze Kopitar scores in overtime as Vancouver concludes its six-game homestand with another loss PAGE 25

Learning aaall of Victoria's Secrets

Metro catches up with model Lily Aldridge before her big runway moment to talk about chicken wings and butt lifts PAGE 18

HOW GOES THE EVIL PLAN?

IN WHICH SHANNON GETS AND DISHES DIRT; PLUS, METRO WANTS YOUR OFFICE 411 PAGE 12

CHOICES markets
Choices Cambie Grand Opening
Wednesday, November 27
2 to 4 pm
Enjoy Live Music and Tasty Food Samples
Look for Exclusive Storewide Deals
AFTER 4PM Spin Our Prize Wheel to Win
3493 Cambie Street at 19th Ave
www.choicesmarkets.com

Joe Spears, right, and his law partner Jay Straight pose with a propeller that was once attached to a rum-running boat used by Al Capone. COURTESY SILVESTER LAW

Al Capone's propeller gets swiped again

West Vancouver. Prohibition-era piece of brass was used on rum-runner vessel

KATE WEBB
kate.webb@metronews.ca

Some greaseball has made tracks yet again with a propeller once used by Al Capone to run giggle juice up and down the Eastern Seaboard.

Joe Spears, who owns the 140-kilogram hunk of brass valued at $5,000, said the grifter left a dolly behind in his front yard last Thursday, which police have since dusted for fingerprints.

The propeller was stolen once before, in 2011. West Vancouver police were able to track it down at a metal recycler's and return it to Spears within three days. The thief, a 55-year-old man "of no fixed address," was charged and convicted.

"I can't believe it," Spears told Metro on Monday. "I figured the person that took it before, they prosecuted him.... It's (300) pounds, it's not something you just pick up through a gated yard."

Spears, a lawyer and marine consultant, acquired the prop in 2000 following the salvage of the vessel Texada in Haida Gwaii. He intends to donate it to the long-delayed and incompletely funded National Maritime Centre in North Vancouver, if it's ever built.

According to 2004 Federal Court documents, the narrow, 30-metre schooner was built in Nova Scotia in 1930 as a fishing vessel but secretly had its modest six-cylinder engines replaced with two monster, authority-eluding 12-cylinder diesel engines and served as a rum-runner during the United States' prohibition on alcohol.

The vessel was seized and transferred to the Vancouver Shipping Registry, where it was renamed Texada and purchased by a marine surveyor in 1945.

In August 2000, the Texada, which was then being used as a camp vessel for forestry activities, ran aground in Burnaby Narrows, adjacent to the Gwaii Haas National Park Reserve.

That's when Spears salvaged it. To him, it tells an important story about how people can work together to salvage a vessel in sensitive marine environments.

He said if he gets the propeller back, it will be kept under lock and key until the National Maritime Centre opens.

WITH FILES FROM JEFF HODSON

PRACTICAL NURSING PROGRAM

110 YEARS 1903 - 2013

LEARN WITH ONE OF CANADA'S LARGEST PRACTICAL NURSING TRAINERS

FREE Math, English & Biology Upgrading* - Career Placement Assistance - Financial Options Available

Health Care related careers have an expected annual growth rate of 2.4 percent in BC over the next 10 years.

CALL 310.HIRE (4473) OR VISIT SPROTTSHAW.COM

SPROTT SHAW COLLEGE SINCE 1903

*conditions apply

Join now and earn up to 30,000 Aventura Points.[1]

The new CIBC Aventura® Travel Rewards Program. So good even penguins can fly™.

With flights for as little as 10,000 points, you'll be flying in no time.[3] But hurry! You need to get a new card by December 31, 2013, to receive the bonus points.

CIBC

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1] Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2013; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2] Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. [3] Redemption at this Aventura Point level available starting January 1, 2014. Available with CIBC Aventura Visa Infinite™ card, CIBC Aventura Gold® Visa™ card and Aventura Visa For Business card. Flight availability at this point level depends on ticket prices set by airlines and will not be available to all destinations from all departure points and times. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

Sea to Sky Highway

Women killed in head-on collision were UBC students

The two young women killed in a head-on collision on the Sea to Sky Highway were both University of British Columbia students, the B.C. Coroners Service confirmed Monday.

Vancouver residents Olivia Sonja Robertson and Valentine Leborgne, both 19, were killed when the Jeep Cherokee they were in smashed into a pickup truck near Loggers Bay on Saturday around 7:25 a.m.

Robertson, originally from Collingwood, Ont., was driving and Leborgne, originally from Los Altos, Calif., was a passenger in the vehicle headed to Whistler. Two other women in the Jeep survived the crash with injuries.

EMILY JACKSON/METRO

Third to plead

Man pleads guilty to manslaughter in double killing

A third person has pleaded guilty in a double homicide that happened near Vancouver in 2008.

Two people had already pleaded guilty — one to first-degree murder and the other to manslaughter — in the deaths of Lisa Dudley and Guthrie McKay.

Dudley and McKay were shot in their home in Mission in September 2008.

Justin Andrew MacKinnon is the latest to enter a guilty plea, admitting to two counts of manslaughter and receiving a sentence of seven years, minus time served.

THE CANADIAN PRESS

Pictures of the suspect in an alleged Sept. 18 gay-bashing on Commercial Drive were obtained from a bus' on-board surveillance cameras. CONTRIBUTED

Public asked to help ID assault suspect

Possible hate crime.
Police hope photos help lead to man alleged to have assaulted lesbian couple in September

KATE WEBB
kate.webb@metronews.ca

Vancouver police are asking for the public's help in identifying a man suspected of assaulting a lesbian couple after they exchanged a kiss on a transit bus in September.

The suspect got on a No. 135 westbound bus at East Hastings and Kensington Avenue in Burnaby around 5:15 p.m. on Sept. 18, according to VPD.

At 6 p.m., two women boarded the bus at Renfrew and East Hastings.

The display of affection between them apparently triggered a reaction in the man, as he allegedly followed them off the bus at Commercial Drive.

VPD allege he confronted and assaulted them both on the street, unprovoked, and punched one of them in the face.

He was chased by several people who prevented the assault from continuing and came to the women's aid.

The one who was punched in the face suffered a bloody nose.

Officers searched the area but could not find the man.

He is described as white, 35 to 40 years old, six feet tall and about 220 pounds. He had short black and grey hair and facial stubble. He wore a black T-shirt, jeans and black shoes.

"There are allegations that the woman was assaulted due to her sexual orientation, an allegation that is taken very seriously by the Vancouver Police Department and one which has been reviewed by our Hate Crimes Unit," said Sgt. Randy Fincham.

Do you know this man?

Anyone who recognizes the suspect is asked to call Vancouver police or leave a tip anonymously with Crime Stoppers at 1-800-222-8477.

Payroll Clerks Earn an Average of $23.00/Hour
BRIGHTON COLLEGE
Payroll Training Programs
• 15 Week Certificate • 100% Practicum Placements
• 32 Week Diploma • Flexible Schedules
Learn more at our FREE info sessions every Thursday at our Burnaby campus.
PAYROLL TRAINING
There is an estimated demand for 46,100 Payroll workers in 2013.
Take the next step in pursuing a career as a Payroll Clerk!
*Statistics have been acquired from WorkBC. Low Wage: $14/hr. High Wage: $28.50/hr.
Call today 604-901-5121 BrightonCollege.com

Protesters call on the Bay to sign worker-safety pact

Labour conditions. 100-plus march in effort to prevent another disaster like Bangladesh building collapse

EMILY JACKSON
emily.jackson@metronews.ca

With a minimum wage of $38 per month, it would take eight months for a Bangladeshi garment worker to buy one of the $300 blouses draped off the mannequins at the Bay's designer section in downtown Vancouver.

Former garment worker Kalpona Akter, who started factory work when she was 12 years old, pointed out the disparity Monday as more than 100 protesters flooded the store in a bid to convince the Hudson's Bay Company (HBC) to sign the Accord on Fire and Building Safety in Bangladesh.

Their demands come after more than 1,100 people were killed and 1,600 injured in the collapse of a Bangladeshi clothing factory in April 2013 — a disaster Akter called "industrial murder."

But the protesters shouting, "Stop the killing" and "Safety now" weren't there to call for a boycott of HBC.

"We need these jobs, but we want these jobs with dignity," said Akter, founder of the Bangladesh Centre for Worker Solidarity.

The majority of Canadians are willing to pay more to ensure safe factory conditions, said Jim Sinclair, president of the BC Federation of Labour. His organization's goal is to pressure Canadian companies to "do the right thing" and sign the accord.

"When they went to work that morning (of the disaster), they went to work to produce the clothes so that Canadians could have clothes on their backs," Sinclair said. "Canadians don't want this blood on their clothes."

HBC has signed an agreement with North American companies called the Alliance for Bangladesh Worker Safety, but Akter and Sinclair said that's not enough because it isn't legally binding and workers aren't "at the table."

Loblaw, maker of clothing brand Joe Fresh, found in the Rana Plaza rubble, signed the accord.

In an email, HBC spokeswoman Tiffany Bourré said the company is "committed to continuing to work to improve safety conditions in Bangladesh, through our membership in the Alliance."

Representatives from the alliance, the accord, the International Labour Organization and a Bangladesh university have agreed on minimum criteria for fire and structural inspection safety standards, Bourré added.

She didn't answer why HBC hasn't signed the accord, but said the company hopes for further collaboration.

Responsible buying

"When they went to work that morning ... they went to work ... so that Canadians could have clothes on their backs.... Canadians don't want this blood on their clothes."

Jim Sinclair, president of the BC Federation of Labour, on the Bangladesh factory collapse

More than 100 people marched into the Hudson's Bay in downtown Vancouver on Monday to try to convince the company to sign the Accord on Fire and Building Safety in Bangladesh. EMILY JACKSON/METRO

RICK MERCER REPORT
Tonight, Rick gets into character on the set of Murdoch Mysteries with stars Thomas Craig, Jonny Harris and Yannick Bisson.
cbc.ca/mercerreport | @rickmercer
BRAND NEW EPISODE
TONIGHT at 8/8:30NT
followed by 22 Minutes
CBC

Shoppers finding beauty in the ugly

'It's about recapturing the nostalgia.' Ugly Christmas sweaters selling so quickly on Granville Street they have to be shipped in

EMILY JACKSON
emily.jackson@metronews.ca

What once was a dreaded Christmas present — the ugly sweater — is now a pretty good way to make some cash during the holiday season.

Since they opened 10 days ago, Vancouverite Steven Hoffman and his business partner have sold more than 250 woolen sweaters from two stands on Granville Street for between $20 and $30 apiece.

"They're selling really well," he said of the sweaters decorated with holly, lace collars, geese and other Christmas classics.

Indeed, the demand is so high that they shipped the goods in from Texas, as there weren't enough sweaters available locally.

Most people are searching for the ugliest-possible sweaters to wear to Christmas parties, he said.

"We all grew up with them," he said. "It's about recapturing the nostalgia."

Steven Hoffman sells ugly Christmas sweaters at the corner of Granville and Georgia streets in downtown Vancouver on Monday. EMILY JACKSON/METRO

Have your cake?
Eat your cake?
Yes.

The 3-year BMO RateRiser® Plus GIC satisfies both sides.

Get the best of savings accounts and investments combined. Guaranteed returns that increase annually. The added flexibility of accessing your money each year. Special rate offer ends November 30th, so ask us how you can start saving and investing today. Visit a branch or bmo.com/rateriser to book an appointment today.

1.55% Year 1* | 2.00% Year 2* | 2.15% Year 3*

BMO Bank of Montreal
Making money make sense®

*Interest paid annually or compounded annually and paid at maturity. Terms and conditions apply. ®Registered trademark of Bank of Montreal.

Isotope shortage could affect some medical exams: Officials

A brief shutdown at the aging Chalk River nuclear reactor in Ontario is expected to force health-care facilities in British Columbia to reschedule medical exams that aren't urgent, health officials announced Monday, though the disruption was expected to be short-lived.

Chalk River was unexpectedly shut down last week, but Atomic Energy of Canada Ltd. announced over the weekend that repairs had been completed.

Still, Health Shared Services BC, which co-ordinates some services across B.C.'s six health authorities, said it would take a few days for the fresh supply of isotopes to reach B.C.

Susan Larson, operations director for medical imaging in the Vancouver area, said one of the agency's suppliers, Lantheus Medical Imaging, has already started shipping isotopes, which should start arriving by Tuesday. Health Shared Services BC said it would receive an update from its other supplier, Mallinckrodt Pharmaceuticals, later in the day on Monday and expected similar news.

"Those patients that absolutely had to have their tests done today are having their tests done today," Larson said during a conference call with reporters on Monday.

"The backlog would have only started this morning for those sites that are at a reduced activity at this time.... I would anticipate that there are very few patients who had their exams rescheduled this morning."

The isotopes are used for procedures such as bone, thyroid, lung and liver scans.

Larson did not know how many tests were expected to be rescheduled.

THE CANADIAN PRESS

Isotopes, interrupted

The Chalk River facility is one of the world's largest producers of material used for medical isotopes and the problem at the aging plant occurred at the same time as troubles at plants in South Africa and Holland.

‘How could anyone not help?’

Relief. Couple re-jigs vacation plans to help with Typhoon Haiyan disaster efforts

A Vancouver couple had to rethink their dream winter vacation to the Philippines when Typhoon Haiyan struck the island country on Nov. 8, leaving at least 5,000 dead and nearly four million homeless.

Instead of scuba diving and going on boat tours, Jenn Walter and Nils Gorseth are planning a boots-on-the-ground relief effort when they head to the Philippines on Tuesday for five weeks.

“I don’t think you have many opportunities like this presented to you to help those truly in need,” said Walter, who has family in the Philippines.

Gorseth, who is a Vancouver firefighter with experience in disaster relief, said they never considered cancelling their trip.

“Imagine one day you wake up and your home and your livelihood is all gone, you’ve probably lost a few family members, and there may or may not be people coming to help you,” said Gorseth. “How could anyone not help if they could?”

The couple will be travelling to isolated fishing communities on the Calamian Islands in the western province of Palawan, an area they say has been overlooked by many organizations currently providing relief.

Communications and power are down across areas of Palawan, and many residents on smaller islands have not been able to alert the mainland of their needs. The couple fears that the scale of the destruction in Tacloban is overshadowing needs in other areas.

“When things get bigger and more complicated, there are gaps,” said Gorseth. “For us, we’re smaller, we can be nimble and get the aid to as many people as we are able to help.”

Through a campaign on Vancouver-based crowdfunding website FundRazr, the couple has raised nearly $6,500. All money raised will go toward the purchase of food, water, medical items, nails, tools, tarps for shelter and epoxy resin for fishing-boat fibreglass repairs.

The couple plans to update their Facebook group and FundRazr page as much as they can to keep donors up to date with their work on the ground.

NADIM ROBERTS/FOR METRO

Jenn Walter and Nils Gorseth pose for a photo in Vancouver. The couple has replanned their winter vacation to the Philippines to assist in the ongoing relief efforts. NADIM ROBERTS/FOR METRO

Action urged on Pickton inquiry recommendations

B.C. has to act now on compensating serial killer Robert Pickton’s victims and implementing other recommendations put forward a year ago by the inquiry into missing and murdered women, said a coalition of advocacy groups Monday.

Following a “totally emotional” meeting with B.C. Attorney General Suzanne Anton, Mona Woodward, who spoke for the Missing Women Coalition, said she is tired of the government dragging its feet.

“Why do we always have to fight? Why do we always have to do these protests?” Woodward said at a media conference. “Why can’t the government fulfil its duty with due care and respect and give aboriginal women and our children the same as the rest of society?”

Wally Oppal, the head of the Missing Women Commission of Inquiry, made 65 recommendations last December to address the systemic gaps that allowed Pickton to target sex workers in the Downtown Eastside.

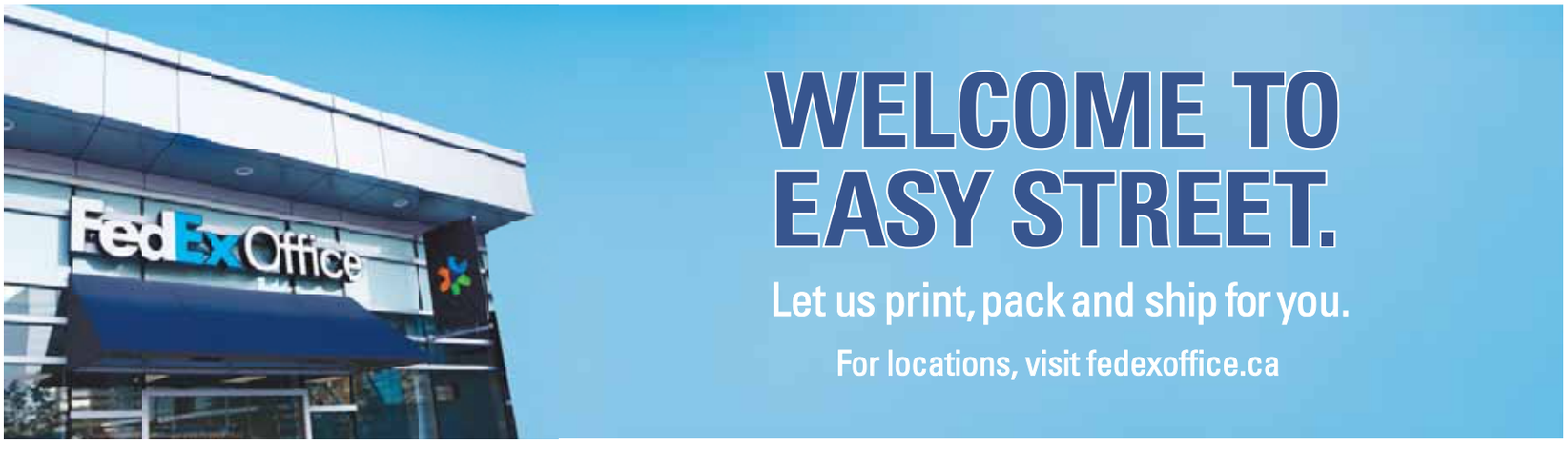
Earlier this month, the province released a report that said only three of the recommendations have been fully implemented, while work has begun on 28 others.

“(The government) appointed Wally Oppal and it’s not following the recommendation and this is totally appalling, it’s an outrage,” said Woodward, who also represents the Downtown Eastside Sister Watch Project.

“These are women in our community and they left behind orphans and children that have to go on without their mother, their grandmother, their auntie,” she said.

Woodward said the coalition wants to see specific recommendations carried out, such as compensation for victims’ families and safer transportation along northern B.C.’s Highway 16, or the so-called Highway of Tears, where 18 women have disappeared or been murdered over the past few decades.

THE CANADIAN PRESS



IORIO CLASSIC ENGAGEMENT RINGS

IORIO
FINE JEWELLERY

GIA CERTIFIED DIAMONDS | FINE JEWELLERY | CUSTOM DESIGNS | WATCHES | REPAIRS

Available Exclusively At J&M Jewellery.

J&M JEWELLERY

Voted #1 JEWELLERY STORE in the 2011 and 2012 Reader's Choice Awards, Stars of Vancouver!

VANCOUVER SHOWROOM 127 E. Broadway, Vancouver, BC V5T 1W1 • (604) 876-7181
Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue.

METROTOWN CENTRE 348 - 4800 Kingsway, Burnaby, BC V5H 4J2 • (604) 439-0753

IORIO.COM

Consumer's Choice Award Winner BEST LOCAL JEWELLER for 10 Years in a Row!

India. Couple convicted of killing daughter and family housekeeper

Two married dentists were convicted Monday of killing their 14-year-old daughter and the family's housekeeper in a sensational case that has transfixed India since the girl was found with her throat slit in 2008.

Rajesh and Nupur Talwar, from the New Delhi suburb of Noida, will be sentenced Tuesday. They could face the death penalty. In a statement, they said they were "hurt and anguished" by the verdict and would appeal.

The double-murder in a suburban pocket of the capital became one of the most closely-watched whodunits in recent memory in India.

In the hours after the teenager, Aarushi, was found dead in her bedroom, police named the Talwars' missing Nepali housekeeper, Hemraj, as the prime suspect.

But the housekeeper wasn't missing — his body was discovered lying on a terrace above Aarushi's room. It had been there the whole time.

The Talwars came under suspicion early on.

THE ASSOCIATED PRESS

Quoted

"We will appeal against the verdict within 60 days."

Rebecca John, Rajesh and Nupur Talwar's lawyer, on her clients' recent conviction

U.S. grand jury. School officials charged in Steubenville rape case

An Ohio school superintendent, two coaches and a principal have been charged by a grand jury that investigated whether other laws were broken in the rape of a 16-year-old girl by two football players, the state's attorney general said Monday.

The teenage football players in Steubenville were convicted in March 2013 of raping the girl.

The grand jury investigated whether adults like coaches or school administrators knew of the rape allegation but failed to report it as required by state law. The charges against the superintendent, Mike McVey, include felony counts of obstructing justice, Ohio Attorney General Mike DeWine said.

A school principal, Lynnett Gorman, and a strength coach, Seth Fluharty, are charged with failing to report possible child abuse. A former volunteer coach, Matthew Bellardine, faces several misdemeanour charges. THE ASSOCIATED PRESS

Newtown shooter's motive still unclear

Report released.
Lanza had 'fascination with mass shootings and firearms,' was obsessed with Columbine shooting

Lucas, Kelly and Michael DaSilva embrace at a makeshift memorial near Sandy Hook Elementary School following the mass shooting on Dec. 15, 2012 in Newtown, Conn. MARIO TAMA/GETTY IMAGES FILE

Why a young gunman went on a murderous shooting rampage at a U.S. school a year ago is still a mystery and may never be known with certainty, prosecutors said Monday in a report that ended their investigation.

Adam Lanza, 20, was obsessed with mass murders, particularly the 1999 Columbine High School shooting, but investigators did not find evidence he ever told others of his intentions to carry out such an attack, according to the summary report by the lead investigator, State's Attorney Stephen Sedensky III.

Lanza killed 20 young children and six educators with a semi-automatic rifle inside the Connecticut school on Dec. 14. He shot and killed his mother inside their home before driving to the school, and killed himself with a handgun as police arrived.

The shooting moved gun safety to the top of the agenda for President Barack Obama, though his gun control efforts have failed in Congress, and led states across the country to re-evaluate laws on issues involving school safety.

The report describes a gunman who had "significant mental health issues" but knew what he was planning: he had materials on mass murder, he smashed his computer hard drive, and he used earplugs during the shooting.

"The obvious question that remains is: 'Why did the shooter murder 27 people, including 20 children?' Unfortunately, that question may never be answered conclusively," the report said.

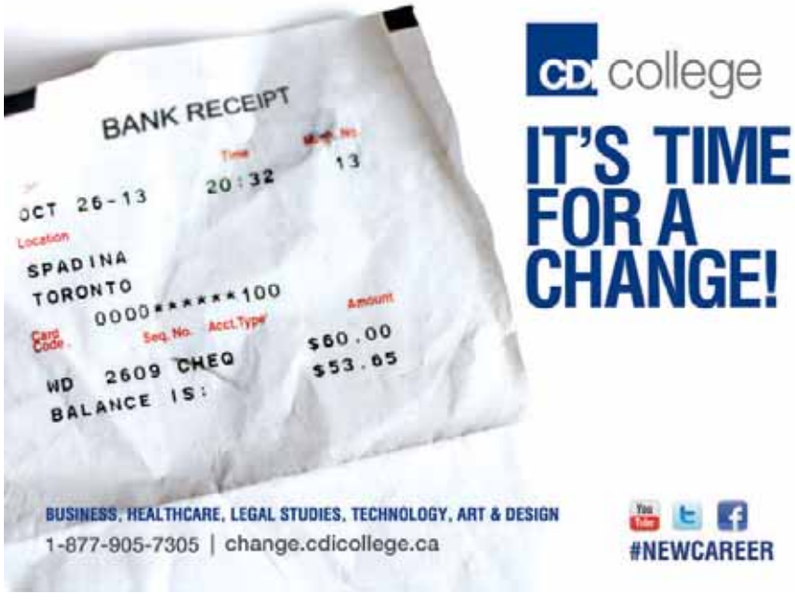
Lanza "was undoubtedly afflicted with mental health problems; yet despite a fascination with mass shootings and firearms, he displayed no aggressive or threatening tendencies," Sedensky wrote.

Lanza's mother, Nancy Lanza, was concerned for her son and said he hadn't gone anywhere in three months and would communicate with her by email only, even though they were living in the same house. She never expressed fear that anyone was in danger from her son, the report said.

Sedensky said there was no clear indication why Lanza chose Sandy Hook Elementary School as the target other than that it was close to his home.

The report also says federal law enforcers investigated two leads that indicated that Lanza might have hinted at the shooting in online communications, but the leads were found to have no validity and no relation to the shooting.

THE ASSOCIATED PRESS



CD college
IT'S TIME FOR A CHANGE!
BUSINESS, HEALTHCARE, LEGAL STUDIES, TECHNOLOGY, ART & DESIGN
1-877-905-7305 | change.cdicollege.ca
#NEWCAREER

STUDY ON CAMPUS OR ONLINE
Fashion Design | Fashion Merchandising | Interior Design
Jewellery Design | 2D/3D Animation | Graphic Design
Video Games | Administrative Assistant
MAKE IT HAPPEN!
REGISTRATION IN PROGRESS | Classes start January 6
lasallecollegevancouver.com | 604 683-2006
Member of the LaSalle International Network

ROGERS™
authorized dealer

ABBOTSFORD
Clearbrook Plaza
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
2050 Sumas Way – Unit 303
604-852-5863
BURNABY
Crystal Mall
604-436-3110
Crystal Mall
604-718-2112
Highgate Village
604-521-3338
Lougheed Mall
604-420-7979
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
Brentwood Mall
604-320-0789
CHILLIWACK
Cottonwood Mall
604-858-0017
CLOVERDALE
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
COQUITLAM
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
DELTA
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
MISSION
Mission Hill Plaza
604-820-0811
NEW WESTMINSTER
Royal City Mall
604-777-9906
NORTH VANCOUVER
Norgate Plaza
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
Capilano Mall
604-983-9744
1617 Lonsdale Ave.
604-980-4870
PORT COQUITLAM
2131-2850 Shaughnessy St.
604-941-2423
RICHMOND
Continental Centre
604-279-8868
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Lansdowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
SOUTH SURREY
Semiahmoo Mall
604-536-1010
SQUAMISH
3B-40437 Tantalus Rd.
604-898-3025
SURREY
Khalsa Business Mall
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
Southpoint Exchange
604-531-2500
Newton Centre
604-599-5522
Peninsula Village
604-535-8828
VANCOUVER
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
2097 West Broadway
604-733-3999
1295 Davie St.
604-669-7377
1027 – West 15th Ave.
604-731-1699
Pacific Center
604-801-5292
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
18-4314 Main St.
604-932-2021

GET MORE FROM YOUR iPhone 5s WITH ROGERS

iPhone 5s

GOLD MODEL NOW IN STOCK. VISIT YOUR LOCAL ROGERS TODAY.

GET DOUBLE OUR DATA* ON SELECT ROGERS PLANS

ON CANADA'S FASTEST LTE NETWORK – **ROGERS LTE**[1]

CALL 1 888 ROGERS1

LIVE LIKE NEVER BEFORE™

ROGERS™

TM and ©2013 Apple Inc. All rights reserved. *Offer ends Jan. 6/14. Available to new and existing customers with new activation or upgrade on 1 GB or 3 GB Share Everything Plan with a monthly or 2-yr. term. See in-store for full details.
1 Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. TM ©2013 Rogers Communications.

Coralee Smith, right, speaks outside the inquest into the segregation-cell choking death of her daughter, Ashley Smith, in Toronto on Monday. With her is Kim Pate of the Canadian Association of Elizabeth Fry Societies. COLIN PERKEL/THE CANADIAN PRESS

Cell death a murder: Lawyer

Ashley Smith case. The warden threatened guards with excessive-use-of-force sanctions for entering the cell too quickly, according to inquest evidence

The death of a "precious daughter" who strangled herself in her segregation cell as prison guards videotaped but did not intervene should be deemed a homicide, a coroner's jury was told Monday.

In closing submissions at the Ashley Smith inquest, the lawyer who speaks for her family said overwhelming evidence shows top managers ordered frontline staff to stay out of her cell as long as she was still breathing.

The order, Julian Roy said, was devised by Warden Cindy Berry — "the new sheriff in town" — and communicated through her "weak" deputy, Joanna Pauline, to underlings.

Smith, 19, of Moncton, N.B., choked herself to death on Oct. 19, 2007, in her cell at Grand Valley Institution in Kitchener, Ont., just a few months after Berry took over as warden.

THE CANADIAN PRESS

'Moral crimes'

Afghanistan may bring back stoning, says rights group

Human Rights Watch called Monday on the Afghan government to reject a proposal to reintroduce public stoning as a punishment for adultery, but the Justice Ministry denied that such a law had been submitted. The organization said that a working group that is assisting in drafting Afghanistan's new penal code had proposed provisions on "moral crimes" involving sex outside of marriage that call for stoning. THE ASSOCIATED PRESS

Texas

Cop accused of raping handcuffed woman in patrol car

A Texas police officer is accused of raping a handcuffed 19-year-old woman in the back of his patrol car.

San Antonio's police chief told reporters over the weekend he was "angry" and "outraged" after Officer Jackie Len Neal was arrested Saturday on a sexual assault warrant.

Neal was released from jail Saturday. A listed phone number for Neal was disconnected. THE ASSOCIATED PRESS

Liberals celebrate strong showing in byelections

It's shaping up to be a very good night for Justin Trudeau.

The Liberals are leading in three of four federal byelections — including a potential upset in the longtime Conservative bastion of Brandon-Souris in Manitoba.

They've managed to hold on to two Liberal strongholds — Toronto Centre and the Montreal riding of Bourassa — despite an all-out effort by the NDP to steal them away.

And they've got a 400-vote lead over the Conservatives in Brandon-Souris, a riding that has voted Conservative in all but one election over the last 60 years.

Trudeau, who was on hand for the victory party in Bourassa, took a pointed shot at NDP Leader Tom Mulcair, accusing him of erasing the positive legacy of his late predecessor.

The NDP "is no longer the hopeful, optimistic party of Jack Layton, it is the negative, divisive party of Thomas Mulcair," Trudeau told cheering crowds in Montreal.

"It is the Liberal party that proved tonight that hope is stronger than fear, that positive politics can and should win out over negative."

While the Tories easily hung on to Provencher, another Conservative fortress in Manitoba, a loss in Brandon would be widely seen as a condemnation of Prime Minister Stephen Harper's handling of the Senate expenses scandal.

And even in Provencher, the Conservative share of the vote dropped significantly, to about 57 per cent from 71 per cent in the 2011 election.

In the Montreal and Toronto contests, the Conservatives weren't even factors, scoring less than 10 per cent of the vote in each.

For the NDP, the results are disappointing. The party poured all its resources behind star candidates in Bourassa and Toronto Centre: lawyer and one-time pop singer Stephane Moraille and well-known journalist and author Linda McQuaig, respectively.

However, the NDP share of the popular vote in Bourassa actually went down slightly from the 2011 election.

And while McQuaig's share of the vote was up about five percentage points in Toronto Centre, the Liberal vote share, under Trudeau's hand-picked star contender Chrystia Freeland, went up as well by roughly the same amount.

The byelections are the first concrete measure of the Senate expenses scandal's impact on Stephen Harper's government, the depth of Trudeau's popular appeal and the durability of the NDP's 2011 electoral breakthrough.

THE CANADIAN PRESS

Former Liberal interim leader Bob Rae watches for the incoming results as he attends Liberal candidate Chrystia Freeland's byelection night event in Toronto as she contests the Toronto Centre riding formerly held by Rae on Monday. CHRIS YOUNG/THE CANADIAN PRESS

VANCOUVER CAREER COLLEGE
change.vccollege.ca

Three Reasons Why Vancouver Career College is Right for You!

Why spend years in school to take advantage of the job opportunities in BC when all you need is a targeted career diploma? Find out more at Vancouver Career College!

Visit change.vccollege.ca or call 1.877.404.5795 to apply today!

1 Because you can choose from dozens of programs taught right in your community.

2 Because you learn from professionals who have actually done the job you're training to do.

3 Because you can be ready for the job sooner than you think – in most cases less than a year!

Canna Clinic
Medicinal Cannabis Dispensary
Are You Eligible?
604-558-2454
Open 7 days per week
10am-8pm (Mon-Fri) & 10am-7pm (Sat & Sun)
758 East Broadway · info@mycannaclinic.com
www.mycannaclinic.com

City happiness explained: Love thy neighbour, live in a house

Sad metropolises.
Book credits low-rise living and good neighbour relations for higher life satisfaction in smaller towns

KATE WEBB
Metro in Vancouver

Happiness is a lot of things, but if you believe the latest research linking it to urban design, it is closely tied to living in a moderately dense, ground-oriented community.

Vancouver author Charles Montgomery, whose new book, Happy City, was released earlier this month, spent five years researching which cities are the happiest and why, and said the results were surprising.

"Surveys of life satisfaction in Canadian cities show that Vancouver, Toronto, Calgary, the biggest cities, fall far behind smaller cities of modest means," he said.

The happiest cities, according to a UBC study, are both on the East Coast and share a lot in common besides their similar names: Saint John, N.B., and St. John's, N.L.

"The correlation is very simple," Montgomery said.

"Cities where people report high levels of trust for neighbours and strangers also rank highest for life satisfaction.

"In other words, the key ingredient to happy cities is positive social relationships, so the happy city is a social city."

He pointed out two common and somewhat opposite urban features that put a damper on positive social relationships: sprawl and towers.

"People who live in towers report trusting their neighbours less, getting favours from neighbours less, and being less likely to know each other's neighbours' names than people living on the ground," he said.

Sprawl, on the other hand, extends commutes, leaving less time for social interaction.

The happy medium for big cities, Montgomery argues, is creating moderate increases in density with more townhouses, row houses, laneway houses, single-family homes retrofitted to fit more suites, and co-housing.

University of Waterloo neuroscientist Colin Ellard, who has been helping to promote Montgomery's book, said proximity to green spaces is also a factor.

"There's a very well-documented distinction between the way people behave and feel and think when they're in natural environments, as opposed to when they're in grey concrete," he said.

Classic chicken-or-egg conundrum: Is St. John's, N.L., one of the two happiest cities in Canada because it looks like a rainbow, or does it look like a rainbow because its citizens are so happy? FLICKR: NSPAUL

Tell work you have jury duty. Again.

Join us November 29 for **Black Friday at IKEA** to take advantage of these amazing one-day only offers.

VÄRMDÖ solid wood rocking chair
Was ~~$149~~
$49*
Limit 2 per customer

EXPEDIT shelving unit
Was ~~$79.99~~
$39.99*
Limit 2 per customer

LACK side table
Was ~~$9.99-$12.99~~/ea
$4.99/ea*
Limit 4 per customer

50% OFF all soft toys*
Limit 10 per customer

Visit **IKEA.ca/BlackFriday** for details.
While supplies last.

IKEA®

*Offers valid on Friday, November 29, 2013. While supplies last. No rain checks. Selection may vary by store. Offer valid in-store only. Not valid on previous purchases. See store for details. VÄRMDÖ rocking chair offer available in red only. EXPEDIT shelving unit offer available in black-brown, birch, and white, W79×H149cm only. LACK side table offer available in birch, black-brown, black and white only. Boxes and accessories sold separately. © Inter IKEA Systems B.V. 2013.

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 17

metronews.ca/temp

1 in 3 richies

Temping: Not just for the poor

The shift into temporary work is being felt at all levels.

While confirming that low-income families are most affected by this trend, a recent report shows that middle- and high-income families aren't immune either.

• Low-income families (less than $50,000): 75 per cent are employed in insecure employment.

• Middle-income families ($50,000 - $100,000): About half are in insecure employment.

• High-income (over $100,000): Over one-third are in insecure employment. PHOEBE HO/FOR METRO

PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Survey says

One in four Canadians apparently suckers

Most Canadian workers are happy with their jobs, according to a recent survey by Monster.ca. Twenty-four per cent say they love their job so much they'd do it for free. PHOEBE HO/METRO

Temp Learns Some Secrets

After Sarah left, I tried watching more TV, but the thing about a Kate Winslet DVD marathon is that after about 1.75 movies your brain says, "I can't do this any more!" and forces you to get out of the beanbag chair and do something out in the real world. So I drove to the hospital to visit Danimal. In the Beemer I felt like I barely squeaked through their visitor parking lot's quality control filter — thank God the car had been recently washed. Once inside the building, a tastefully-clad male escort took me up to the third floor as though I was a guest appearing on David Letterman.

Danimal was in a bed looking woeful. "Shannon!"

"Hi Dan."

"Thanks for saving my life."

"I did no such thing. I just took you to the hospital. How is your ever-so-slightly collapsed left lung?"

I could tell Dan wanted to dramatize his condition but couldn't. "Oh, you know."

"I certainly do. I looked it up online. You'll be 100 per cent healed in one week. You should get out of this luxury hotel as soon as you can, too. It'll bankrupt you."

"Too late. I'm already bankrupt."

I cocked an eyebrow. "Really?"

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

I saw the remains of lunch. "What's the food like here?"

"Insane. Lunch was a wild mushroom risotto with shaved Parmesan. How's your Chinese boyfriend and your evil plan?"

"Dan, I'm assuming it's the painkillers making you stupid, but the fact of the matter is, yes, he and I do have a plan."

"I knew it."

I looked around the gorgeous room (a Warhol print of an eagle on the south wall) and waited for him to say something.

"Well, what is it — what's your plan?"

"I knew you'd ask. I knew you'd crumble."

"Why do you think we're dumping the company? I'm going to enjoy this country club lifestyle as long as I can on the insurance company's dollar."

So I told the Danimal the plan — and then after that I drove over to his place to check up on Chantelle. I rang the doorbell (also Dust in the Wind by Kansas — these people are thorough) and a much cleaner and studlier-looking Darren opened the door in a housecoat, holding a vodka tonic. "Chantelle! It's Florence Nightingale!"

"Ask her to come in."

Dan's house truly rocked — everything you'd expect in the gated community lifestyle. The fire pit alone was the size of my bedroom.

"Hi sweetie, have a drink. Darren, make our guest a Greyhound. There's fresh grapefruit juice in the fridge."

"Will do."

"So," asked Chantelle, "How's Dan?"

"He's looking good. Have you gone to see him yet?"

"Maybe tonight. I have to, um, pull myself together."

I said, "I'll drive you."

"That's sweet but I'll cab it. How are you doing?"

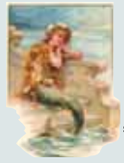
"I got fired this morning."

"Really? Well sit right down next to me and tell Chantelle everything."

TO BE CONTINUED...

Random fact of the day

- Animal Planet made a fake documentary about the existence of mermaids ... twice. People fell for the trick both times.



SOURCE: WTFFUNFACT.COM

Random biz fact of the day

56%

Yep, it's like sending your resumé into a void — 56 per cent of employers admitted they don't acknowledge receipt of applications.

SOURCE: NEXCAREER

What a scoop!

Tell us the office tittle-tattle

Someone hit the booze a little too hard at the last office party? Co-workers getting a little too cozy at the water cooler? Share your juiciest office secret and we'll publish the best in tomorrow's paper. We need to know who you are, but we promise anonymity for all. Send us the scoop at readers@metronews.ca or iamtemp.tumblr.com.

Give your investments a second thought.

Get a Scotiabank® Second Opinion
and have your investment questions answered.

scotiabank.com/secondopinion

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

SAMSUNG APPLIANCES BIGGEST SALE OF THE YEAR!
SAVE UP TO 40% ONLINE OR IN-STORE
NOV 22ND - NOV 30TH ONLY
Sales • Service • Parts
HANDY APPLIANCES
WE ARE COMMITED TO HAVING THE BEST PRICES FROM NOV 22ND TO NOV 30TH
If you find a lower advertised price from Nov 22nd to Nov 30th, please advise our online chat or in-store representative and we will be happy to match or beat the price.
Visit www.handyappliances.ca
Subject to stock availability. Some conditions may apply.
HOT DEAL!
SAMSUNG 30" FRENCH DOOR STAINLESS STEEL FRIDGE
Model: RF220NCTASR
MSRP $1599
BLACK FRIDAY PRICE
$1199

Best known option. Abortion drug should be option in Canada: Report

A commentary in Canada's leading medical journal says Canadian women lack access to the best known option for abortion.

The authors say Health Canada is currently studying an application to bring that option, a drug commonly known as RU-486, to the Canadian market.

They say women in 57 other countries have access to the drug and say it is important that the application is approved.

The drug, mifepristone, is used in combination with another medication already approved for other indications in Canada.

The treatment essentially induces a miscarriage, avoiding the need for a surgical abortion in most cases.

RU-486 has been available in France since 1988, in Britain since 1991 and in the United States since 2000. A manufacturer would have to apply to bring the drug to market in Canada.

THE CANADIAN PRESS

A commentary says Canadian women should have access to the abortion drug RU-486. GETTY IMAGES FILE

The bottom line

Dr. Sheila Dunn, one of the authors of the commentary, said it's not clear why no one has applied to market mifepristone in Canada before now.

- "Sometimes if it's going to be really onerous to actually get drug approval and the economic margins are not going to be such that makes it worthwhile for someone to do that, that may be a deterrent."

EU embargo

Ottawa to appeal WTO ruling on seal product ban

Ottawa will appeal a World Trade Organization ruling that says aspects of Europe's ban on imported seal products undermine fair trade but can be justified on "public moral concerns" for animal welfare.

While anti-sealing advocates say it's a landmark victory that upholds the European Union embargo, the WTO points out inconsistencies that it wants fixed.

The decision affects hunters in Atlantic outports and Inuit communities who say the embargo discriminates against Canadian seal products. Ottawa said in a statement that it will appeal. THE CANADIAN PRESS

Seals and Sealing Network's Aaju Peter at a press conference Monday. THE CANADIAN PRESS

Bargain hunters rejoice

Retailers aim to knock out rivals with discounts

Now that American retailers have landed in Canada, prepare for the fireworks as stores launch massive promotions and deep discounts in an attempt to draw shoppers.

"We can expect to see some very desperate retailers," said Brynn Winegard, a marketing expert at Winegard and Company. "A lot of organizations will be vying for the same amount of consumer dollars."

For shoppers, that could mean significant sales, buy one, get one free offers and similar promotions, while price matching and lax exchange rules set precedents.

THE CANADIAN PRESS

Random biz fact of the day

1.7

It costs companies 1.7 times as much to hire an external candidate.
FORBES

Market Minute

DOLLAR 94.80¢ (-0.22¢)

Natural gas: $3.79 US (-2¢)
Dow Jones: 16,072.54 (+7.77)

TSX 13,472.22 (-6.12)

OIL $94.09 US (-75¢)

GOLD $1,241.20 US (-$2.90)

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

GET FIT HERE PLAY THERE
VISIT US ONLINE AND DOWNLOAD YOUR FREE 8 DAY PASS
cypress mountain
LOVE TO SKI OR RIDE?
GET FIT FOR THE SLOPES WITH
PLUS!
ENTER TO WIN
a $200 gift card from Comor-Go Play Outside &
A FREE PAIR OF SEASON PASSES TO CYPRESS MOUNTAIN!
STEVE NASH FITNESS WORLD & SPORTS CLUB
2 FOR 1 OR 50% OFF
ON MEMBERSHIP ENROLMENT!
SNCLUBS.COM | 604.495.NASH (6274)

GENERAL ELECTRIC APPLIANCES BIGGEST SALE OF THE YEAR!
Café
SAVE UP TO 40% ONLINE OR IN-STORE
NOV 22ND - NOV 30TH ONLY
HOT DEAL!
GENERAL ELECTRIC DISHWASHER
STAINLESS STEEL IN & OUT
Model: GLDT696DSS
MSRP $799
BLACK FRIDAY PRICE $399
Sales • Service • Parts
HANDY APPLIANCES
WE ARE COMMITE
BEST PRICES FROM N
If you find a lower advertised p
please advise our online cha
and we will be happy to
Visit www.hand

WHY MILEY, NOT HANNAH MONTANA

SHE SAYS

Jessica Napier
metronews.ca

Another award show, another opportunity to hate on Miley Cyrus.

As the 21-year-old pop star performed at the American Music Awards this past Sunday clad in a two-piece, kitten-print bikini, Twitter blew up with catty (excuse the pun) remarks regarding her on-stage antics.

When it comes to Miley's titillating behaviour and provocative wardrobe choices, there's no shortage of venomous opinions and open letters. But why do women tend to react so negatively toward female peers who are openly sexual?

Canadian researchers Dr. Tracy Vaillancourt and Aanchal Sharma recently developed an experimental study to test their evolutionary-based hypothesis that women are intolerant of sexy women and will condemn those who seem to make sex too readily available. A group of heterosexual young women at McMaster University were enlisted to participate in what they thought was a study on female friendship. The participants were paired up with either a friend or stranger and then approached by a seemingly random woman dressed in one of two distinctly different outfits.

Lisa Elliot — a thin, blond and conventionally attractive student at the university — was chosen to partake in the study as the subject. Half of the time, Elliot approached the participants dressed in a plain T-shirt and jeans. In an alternative scenario she was outfitted in a low-cut top, a tight fitting mini-skirt and knee-high boots.

"There was no real contact between me and the participants when I was in the room," says Elliot. "I was asked to simply walk in and out without making any real connection." Vaillancourt and Sharma monitored the participants' reactions and recorded any signs of aggression — such as eye-rolling, laughter and negative comments — on a very scientific sounding "bitchiness scale."

Women who encountered Elliot dressed in the conservative outfit barely noticed her, while those who saw her in the more sexual getup were far more likely to react with some form of hostility. These participants regarded Elliot as promiscuous and as a sexual rival. A follow-up study showed that the women did not want to introduce her to their boyfriends, allow them to spend time alone with her, or be friends with her.

These women not only engaged in passive-aggressive behaviour to undermine someone they viewed as a potential threat, but also as way to connect with their peers. "I thought it was very interesting to see that so many of the girls, friends and strangers bonded together over their mutual dislike for me when in the racier outfit," noted Elliot.

Competition and hostility among women is much more prevalent than we might think. Some might dismiss a study like this as petty; but gossiping, slut-shaming and other forms of indirect bullying can cause very real emotional distress. We need to continue conducting and learning from studies like this to make ourselves more aware of our own bitchy behaviour and the potential harm it can inflict.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Put on your yarmulke, it's turkey time

PAUL SANCYA/THE ASSOCIATED PRESS

Thanksgiving and Hanukkah coincide

When life gives you Hanukkah on Thanksgiving, make a menurkey.

Or a turkel.

That's what students at suburban Detroit's Hillel Day School are doing — creating paper-and-paint mashups of menorahs and turkeys, and the birds combined with dreidels.

Rozie Aronov, 7, (pictured) holds up her menurkey she created at Hillel Day School in Farmington Hills, Mich.

The recent class projects illustrate one way U.S. Jews are dealing with the convergence of the secular and sacred holidays that will see Thanksgiving overlap with the start of Hanukkah on Thursday.

The last time the overlap happened was 1888 and the next is 79,043 years from now — by one estimate widely shared in Jewish circles.

THE ASSOCIATED PRESS

How often do you get to eat challurkey?

Saul Rube, Hillel's dean of Judaic studies, said the combinations of Thanksgiving and Hanukkah icons underscore a deeper bond: The Talmud, one of Judaism's core texts, describes Hanukkah as a "holiday of thanksgiving."

"The fact that you could meld our Jewish culture and the popular culture is such a wonderful opportunity," he said.

Rube said his Thanksgiving dinner will have one notable addition: A challurkey, a loaf of Jewish challah bread in the shape of a turkey. Some Detroit-area bakeries are selling them but he found one he liked online from a kosher bakery for $12, plus shipping costs.

"I told my wife if we amortize the cost over 80,000 years 'til it happens again, it's not so bad," he said.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

ADRIAN ROGERS/BBC/THE ASSOCIATED PRESS

You may have noticed a lot of people suddenly talking about Doctor Who. The iconic British series marked its 50th anniversary on Nov. 23, making it the longest running science fiction show in the world. If you're curious, or just want to keep up with the conversation, here are a few sites that will help you tell the difference between a Dalek and a sonic screwdriver.

The TARDIS Data Core:

Named after The Doctor's famous time machine — which resembles a blue policeman's box — the TARDIS Data Core is the de facto wiki for Doctor Who fans. It boasts over 37,000 articles about the show, the universe and its characters. (tardis.wikia.com)

Official Doctor Who Tumblr:

Recognizing the show's cult following online, the people behind Doctor Who started a Tumblr page, which happens to include a friendly guide for Who noobs. (doctorwho.tumblr.com/new-to-doctor-who)

The Inspector Spacetime Wiki:

Not so much a beginner's guide, but rather an insightful parody. What began as a spoof on NBC's Community has grown into a genuine fandom, chronicling the adventures of a mysterious detective who travels through time in a red phone booth. (madmanwithabooth.wikia.com)

Comments

RE: Black Friday and America's Working Poor, published online Nov. 24

So, I agree that wages are low, but they are in line with what the government regulation is, so who's really at fault here?

The government simply has to raise the minimum wage.

They were talking about how (the U.S. Chamber of Commerce) was holding up a bill saying that any wage increase has to be coupled with a tax break for companies. I guess that is to cover the cost of the raise. So now the government has to lose money in order to raise the minimum wage, how does that work?

The way I see it, raise the minimum wage up to 10 bucks and add an additional two per cent tax on any money earned over $250,000. That's should just about cover it. Government has to stop being pressured by big business and do what needs to be done for the better of all its people!

Grrrrrrrrr posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker
• **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic
• **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6
• **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca
• **Letters to the Editor:** vancouverletters@metronews.ca

D TO HAVING THE
IOV 22ND TO NOV 30TH
rice from Nov 22nd to Nov 30th,
t or in-store representative
match or beat the price.
lyappliances.ca
FRIGIDAIRE FRIGIDAIRE APPLIANCES BIGGEST SALE OF THE YEAR!
Sales • Service • Parts
HANDY APPLIANCES
FRIGIDAIRE GALLERY 3-PIECE KITCHEN PACKAGE
Model: FGHB2866PF, CGEF3040PF, FGHD2465NF
MSRP $4099
BLACK FRIDAY PRICE $2999
HOT DEAL!
SAVE UP TO 40% ONLINE OR IN-STORE
NOV 22ND - NOV 30TH ONLY
FRIGIDAIRE
FRIGIDAIRE GALLERY
FRIGIDAIRE PROFESSIONAL

DVD review

The Grandmaster

Director. Kar Wai Wong

Stars. Tony Leung Chiu-Wai, Zhang Ziyi

Wong Kar-wai's martial arts tribute reminds us early on that with kung fu, you're either standing or lying flat on your back. Ip Man, played with white hat, black robes and stoic magnetism by Wong regular Tony Leung Chiu-Wai, intends to always be standing. The middle-aged fighter is as good as his word in a rainy prologue where he grapples with a group of younger assailants. He'll also need to sort out an avenging woman (Zhang Ziyi), a fierce and avenging battler in her own right, whose story is one of several tangents The Grandmaster takes on its circuitous route to enlightenment and justice. The movie could use more of this kind of directness. It's a departure for Wong, who has approached the topic before but normally deals with matters of the mind and heart rather than the hand and foot. He can't resist drifting back to form, even when bodies are in motion. Extras include making-of featurettes and a conversation with Shannon Lee, daughter of Bruce Lee, but beware — this is the 108-minute U.S. cut. You have to go import if you want the 130-minute original.

PETER HOWELL

TV temp-tation

If a staffing agency could wave a magic wand and place temps wherever they want, the Googleplex in Mountain View, Calif., would be getting them by the busload. On-site perks include everything from foosball tables and beach volleyball courts to a chance to scope out driverless cars doing donuts. But even the tech darling's HQ has nothing on television's top workplaces.

MIKE DOJC
scene@metronews.ca

Caltech (Big Bang Theory)

Walking the halls of Caltech would be a riot. You'll toy with lasers and learn a little experimental physics from Leonard Hofstadter. Maybe he'll even hook you up with a gig on his next far-flung field trip. His Stephen Hawking-sponsored North Sea voyage to search for the hydrodynamics equivalent of the Unruh effect turned out to be a hardcore party cruise. Just keep your distance from Sheldon Cooper if you want to retain your sanity.

S.H.I.E.L.D. (Marvel's Agents of S.H.I.E.L.D.)

Temping at the Strategic Homeland Intervention, Enforcement and Logistics Division could very well be the most dangerous placement on the planet but clandestine workplaces don't get any cooler. Field agents at this place make their FBI and CIA counterparts seem downright dowdy and they get to play with awesome next generation gadgets. Quantico and Langley's best and brightest are here where ordinary terrestrial terrorists are small fry.

Sterling Cooper & Partners (Mad Men)

While Don Draper can be a hard case, he knows great talent when he spots it. Impress the cagey creative director and your temporary stint could lead to a permanent position. In this swinging '60s creative powerhouse, that means cavorting with fetching co-workers, three martini lunches, casual office sex and of course a creativity-stoking corporate culture.

World Famous Gold & Silver Pawn Shop (Pawn Stars)

Temping here would be a history wonk's dream. Valuable sports memorabilia and antique military firearms come through daily and organizing these artifacts beats typical office drudgery. Besides, when's the last time you fired a 100-year-old Hotchkiss Cannon to see if it works?

SCENE2

BCIT computes.

IT SKILLS ARE IN DEMAND

Start with just one course at night or on the weekends.

Learn new skills in programming, database, networking, web and mobile app development.

Register online for an info session, November 27 or 28.

bcit.ca/computing

BCIT® COMPUTING PART-TIME STUDIES

LG LG APPLIANCES BIGGEST SALE OF THE YEAR!

SAVE UP TO 40% ONLINE OR IN-STORE
NOV 22ND - NOV 30TH ONLY

Sales • Service • Parts
HANDY APPLIANCES

WE ARE COMMITED TO HAVING THE BEST PRICES FROM NOV 22ND TO NOV 30TH
If you find a lower advertised price from Nov 22nd to Nov 30th, please advise our online chat or in-store representative and we will be happy to match or beat the price.

Visit www.handyappliances.ca

HOT DEAL!
LG DOUBLE OVEN RANGE
Model: LDE3011ST
BLACK FRIDAY PRICE $899

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Williams-Paisley smacks down Underwood rumours

PAT HEALY
Metro World News

How would you react if a reporter marched up to you and announced that your country singer husband was cheating on you with a spangly, blonde fellow crooner? Kimberly Williams-Paisley was secure enough to laugh it off.

Nashville actress Williams-Paisley is married to country star Brad Paisley. In what reads like a plotline from the show, rumours emerged last week that Paisley was having an affair with fellow star Carrie Underwood. When an Us Weekly reporter relayed the gossip to the Nashville star, she was decidedly unimpressed — and burst out laughing.

"Are you serious?" she said. "Wow! I hope it helps our careers! That's all I can say."

The actress said she's confident in the strength of her marriage. "We spend as much time as we can [together]. We're very down-to-earth people. We come from good families, and we appreciate family."

INGLEDEW'S FALL
BOOTOPIA
EVERY BOOT ON SALE

Experience a delightful state of Bootopia by saving on some of the most stylish boots in the city – including Stuart Weitzman, Cole Haan and Amalfi.

INGLEDEW'S
— the art of finding the perfect fit —

535 Granville St • Oakridge Centre • Park Royal North
Richmond Centre • Brentwood Town Centre Clearance

NEED A RIDE?
Read metro drive every Wednesday.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro.
News worth sharing.

Become a Child & Youth Care Worker

- Train for an in-demand career
- Help troubled youth through difficult times
- Upcoming start dates

Six locations to choose from!
www.mticc.com
604-310-2684

MTI COMMUNITY COLLEGE

WagJag Festive Favourites

Watch as we un-wrap a few of our favourite things for the holidays.

THIS WEEK: Great Gifts Under $50

Buy Online: 65% off **$35**

$100 TOWARDS ANY CLASSIC OR PRESTIGE PHOTO BOOK FROM **PICABOO**—*SHIPPING INCLUDED*

Buy Online: 87% off **$20**

AN ONYX EZ RADIO, VEHICLE KIT AND A 3-MONTH SUBSCRIPTION FROM **SIRIUS XM CANADA**

Buy Online:

54% off **$39**

A HOLIDAY TABLECLOTH SET FROM **FLATO HOME PRODUCTS** (3 OPTIONS)

- *SHIPPING INCLUDED*

Buy Online:

56% off **$28**

A SET OF 6 PUZZLES OR A WINE BOTTLE PUZZLE FROM **STRAGA PRODUCTS** (2 OPTIONS)—*REDEEM IN-STORE OR ON-LINE*

Buy Online:

51% off **$20**

A 1-YEAR (12 ISSUE) SUBSCRIPTION TO ***CHATELAINE*** **MAGAZINE**—*INCLUDES A $5 GIFT CARD TO TIM HORTONS*

Follow us: @wagjag facebook.com/wagjag

Don't miss these, and other great deals!

Visit WagJag.com/seasonal

Learning all her secrets

Interview. Victoria's Secret Angel, Lily Aldridge, dishes on how she keeps her figure and some of her beauty rituals

ROMINA McGUINNESS
Metro World News

The Victoria's Secret show, featuring Lily Aldridge, airs Dec. 10 on CBS. GETTY IMAGES

Metro caught up with Lily Aldridge, Victoria's Secret Angel, hours before the Victoria's Secret Fashion Show to chat chicken wings, butts and the love of her life.

How do you make sure you look great in your underwear?
I do a lot of Ballet Beautiful (a method developed by Mary Helen Bowers, the woman who prepped Natalie Portman for the movie Black Swan). My body's become more toned, more flexible, and I feel stronger, healthier. I'm not good at aerobics, or any kind of boot camp, but this is amazing, and it suits my body so well. Mary Helen and I, we'll do bridge exercises for the butt, inner and outer thigh work on the mat, arm moves, some cardio — it's a full body workout. I work out five to six days a week, for an hour and a half each time, but make sure I take one or two days off when I do nothing but relax. You need to rest.

Do you work out as much once the show is over?
No. I'll probably do one hour, three to four times a week. I have to stay in shape for Victoria's Secret all year long, but it's definitely not as intense.

But do you enjoy it — all the working out?
I love it. I've always been an athlete. It isn't even necessarily about what your body looks like, but being happy, and healthy. Just do what is good for you. I like being toned on the runway, and feeling like I worked hard.

As an Angel, is there a particular body area you've not been told to tone, but know you have to tone?
I try and not worry about what other people say. Everyone has their flaws … but leading up to the show, I'll do like, a billion butt lifts.

Are you happy with the results — how are you feeling butt-wise?
Yeah, I feel good.

What about your diet? Do you eat better, or less?
When you work out a lot, you can indulge, so my diet doesn't change too much. It's not really about weight loss but about being healthy. I try and not eat a ton of salty things, so that I don't hold water. I eat clean, simple, organic foods: lots of protein, lots of vegetables, and lots of avocado and salmon, as they make my skin look great. And I'm obsessed with roasting chicken right now. I've been making roast chicken and baked sweet potato every night — it's really yummy and comforting.

You must be sick of it, surely.
No! I eat chicken all year. I love chicken legs, and chicken wings … that's kind of like, almost a whole chicken.

What 'you can't touch this' food do you want to eat once the show is over?
I think everyone will probably eat a lot of junk food. I'll probably go to Joe's Pizza tonight and order a cheese pizza. I can't wait — all dressed up in my after-party dress.

Good move: I'm not sure they'd let you in if you were wearing nothing but lingerie.
You never know …

What about your pre-show beauty rituals?
I'm pretty low maintenance. I love wearing an oil before I go to bed. It makes your skin very supple and pretty. I use the RMS beauty oil.

How has having a baby — one-year-old daughter Dixie, with Kings of Leon front man Caleb Followill — changed your relationship with your body?
I've always been healthy. But everything is about my daughter now. She's the love of my life, my number one priority.

Lily's beauty staples

NARS
Bronzing Powder in Laguna

RMS
Living luminizer

Tarte Cosmetics
Gifted Amazonian Clay Mascara

Did you know 72% of pain sufferers regularly have trouble sleeping?
For sleep tips & more visit sleep-centre.ca
TYLENOL
NIGHTTIME
© Johnson & Johnson 2013

Compressing facts on gear

Fitness clothes. The jury is still out on whether compression gear actually helps

ANISA ARSENAULT
Metro World News

You look great in your compression gear, but does it actually help you as a runner? ISTOCK PHOTOS

It's race day. You stretch on your most intimidating compression gear, knowing that the extra slimming material and arbitrary flashy stripes (which you assume are doing the "compressing") separate you from your lowly competitors. You know, the people who are only wearing regular spandex. But scientifically speaking, can you be sure compression gear is effective?

Kai Karlstrom, a triathlete and Tier Four Trainer at Equinox in New York City, says no. But that doesn't stop him from wearing it.

"Everything about compression gear is anecdotal," Karlstrom says. "All of the research that I have seen doesn't prove that it actually has any effect; the blood, or physical markers of recovery, don't show anything different. But muscle soreness and perceived recovery is a benefit that almost everyone feels."

In other words, researchers say nothing proves that compression gear works, but everybody indicates that they feel better.

"The research doesn't prove anything, but that being said, I use mine." Karlstrom says of his apparel.

While he says that research is inconclusive, there is heavy scientific rationale behind the functionality of compression gear. The pressure is supposed to improve blood circulation, delivering more oxygen to contracting muscles while allowing waste products to be pulled out.

"Gear with a specific amount of compression — anywhere from 15 to 35 millimeters of mercury (mmHG) of compression— functions on a few principles," Karlstrom explains. "The main one is muscle pump, and/or venous return. When we stand for a while, blood can sometimes pool at the bottom of our legs, because blood has to fight gravity back up to our heart. When we wear compression gear, it helps constrict the blood vessels, or the veins, to aid in recovery of the muscles. When the blood flows better, waste products are pulled out in a better manner."

According to Karlstrom, this compression process is most effective in the leg area, making compression tights better than compression arm sleeves.

"I know they make compression gear for your arms and things like that, but I find the legs are where you get the most bang for your buck," he says.

As compression gear becomes trendier in the fitness world, athletes erroneously rely on it as a simple solution to pain.

"It shouldn't be a remedy for pain, and I think too many people are trying to use it as such," Karlstrom says. "People don't really know what's going on in their bodies, so they find a simple solution."

Half off

Half Off: A winning attitude

Two months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it on her blog, Half Off.

If you've tried to lose weight you know that there's always a little voice asking: will I pack those pounds back on?

"It happened to me in my 20s," says Dacey, who went from 225 to 160 pounds but gained the weight back and then some. Over the last few weeks, she's been grappling with that fear of failure.

"It's more difficult for me this time around because I've already failed once."

But those days are few and far between, and Dacey also knows she has made real progress — she has lost over 35 pounds and kept every one of them off. She also sees key changes in herself that signal a lifelong change.

Here are three critical changes that have positioned her to succeed.

1. When she's frustrated, instead of going to the cupboard, Dacey heads to the basement workout room, puts on her running shoes and goes through her workout routine.

2. When her family decides to go out for a meal, Dacey does her research so she can make some healthy choices ahead of time.

3. Dacey keeps a food journal (on her phone) and enters everything she eats, even when she goes over her daily limit. "I'm much more conscious of what I'm putting in my mouth."

Check out Dacey's Half Off blog at metronews.ca/voices/half-off/ to learn more about figuring out the fat trap.

SYLVA VAN BUUREN/FOR METRO

Advertisement

GermanysMostPopularDietProgram

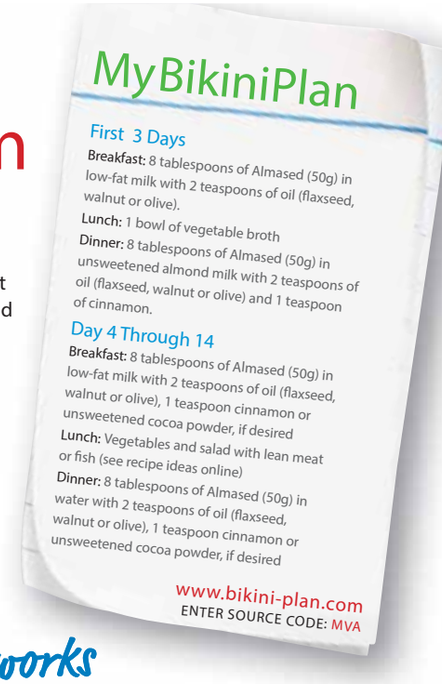
Gives you noticeable results in just 14 Days

Want to look and feel great? The unique Almased formula is clinically tested to support proper nutrition and help in weight management when used in conjunction with a healthy habit of diet and exercise. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased® blends only fermented, non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and healthy skin and to help in the function of the thyroid gland. Over 10 years of scientific research shows that Almased® nourishes the body and is a factor in the maintenance of good health.

4 Ways Almased® works in the body

1. Helps the body to metabolize carbohydrates and fat.
2. Helps in weight management when used in conjunction with a healthy habit of diet and exercise.
3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.

GLUTEN FREE, NON-GMO


MyBikiniPlan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MVA

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MVA.

Available at these fine retailers and health food stores near you:

SHOPPERS DRUG MART · Wellspring Health · Nature's Farm Market · Finlandia · Organic Grocer organicgrocerweb.ca SINCE 1993 · Alive Health Centre · Rexall · WWW.HEALTHSTORELOCATOR.COM

TRUE NORTH nutrition The New Direction in Health

For retailer inquiries, please call True North Nutrition directly at toll free 1-888-446-8783.

Turkey gives stir-fry a leaner makeover

ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

Turkey breast is an even leaner protein than chicken breast. You can find boneless breasts in your supermarket. I like to dust the turkey cubes for this Turkey With Hoisin Sauce Stir-fry with flour in order to maintain the moisture.

Ingredients

Sauce
- 1 cup low-sodium chicken stock
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 4 tsp cornstarch
- 1 tbsp brown sugar
- 1 tsp sesame oil
- 1 1/2 tsp crushed fresh garlic
- 1 tsp minced fresh ginger

Stir-fry
- 8 oz boneless, skinless turkey breast, cut into 1-inch cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups halved snow peas
- 1/2 cup sliced water chestnuts
- 1/4 cup coarsely chopped cashews for garnish
- 1 large green onion, chopped for garnish

This recipe serves four. ROSE REISMAN

1. To make the sauce: Place the stock, soy sauce, hoisin sauce, cornstarch, brown sugar, sesame oil, garlic and ginger in a small bowl and whisk to combine. Set aside.

2. To make the stir-fry: Dust the turkey with the flour. Spray a nonstick wok or frying pan with cooking oil and place over medium heat. Brown the turkey on all sides for 3 minutes or until browned but not cooked through. Remove from pan.

3. Respray the pan and heat the oil over medium heat. Add the red pepper and snow peas; stir-fry for 2 minutes or until the vegetables are tender-crisp. Stir the sauce and add it to the pan along with the turkey and water chestnuts. Cook for 2 minutes, until the turkey is cooked through and the sauce has thickened.

4. Serve garnished with cashews and green onion.

Holiday Inn Resort
YOU COULD WIN
Disney PLANES
A TRIP TO THE HOLIDAY INN RESORT® ARUBA
OR 1 OF 10 COPIES OF "PLANES" ON BLU-RAY™ COMBO PACK
Take your kids to a HOLIDAY INN RESORT® location for the best way to bond with your family and have fun. There are 34 HOLIDAY INN RESORT® locations you can choose from including destinations like Puerto Vallarta and Los Cabos in Mexico, Aruba, Hawaii, Orlando, and many others around the world. Start planning your next precious vacation at www.holidayinnresorts.com
BLU-RAY + DVD + DIGITAL COPY
FROM ABOVE THE WORLD OF CARS
Disney PLANES
AVAILABLE NOW
VISIT clubmetro.com TO ENTER
©Disney
NO PURCHASE NECESSARY. TERMS & CONDITIONS APPLY. FOR FULL CONTEST DETAILS AND CONDITIONS, VISIT CLUBMETRO.COM

MEMPHIS Blues Barbeque House
Time Warp Tuesdays
MEMPHIS FEAST $32.95
PITCHERS OF BEER $14.95
Eat In Only
1342 COMMERCIAL DRIVE • 604 215 2599
1465 WEST BROADWAY • 604 738 6806
SOUTH SURREY: UNIT 50, 2443 – 161A ST • 604 531 8005
430 ROBSON ST • 604 682 6220
302 – 18690 FRASER HIGHWAY • 778 574 3355
100 – 3122 MT. LEHMAN RD (ABBOTSFORD) • 604 381 3113
WWW.MEMPHISBLUESBBQ.COM
@MEMPHISBBQHQ | FACEBOOK.COM/MEMPHISBLUESBBQHOUSE

In MTV's Generation Cryo, Breeanna Speicher goes looking for the sperm donor who was her biological father. CONTRIBUTED

Sperm-donor kids go in search of family

Television. New MTV series tracks a college student's efforts to find her half siblings and her biological father

Breeanna Speicher's curiosity about her background led her to a family she never knew she had and inspired a new MTV series that stretches the very concept of family.

The 18-year-old college student from Reno, Nev., is the daughter of two women who conceived her with a sperm donation. She's the central figure in Generation Cryo, which follows her effort to discover half siblings through a registry and, ultimately, track down the donor who gave her life.

The first recorded artificial insemination came in the 1800s to a woman who didn't know she was getting it, said Wendy Kramer, founder and director of the Donor Sibling Registry. Doctors performed the procedure in the middle of the last century, but it was mostly kept quiet before the practice became much more widespread with the opening of sperm banks in the 1980s, she said.

That means enough "donor babies" are coming of age now to prompt public interest in their experiences, evident in both Generation Cryo and the new Vince Vaughn movie Delivery Man, about a donor who discovers he's responsible for more than 500 kids.

Kramer said she tried for eight years to get a television network interested in a story drawn from her registry of people trying to connect with other donor families before MTV showed interest.

"We know that our audience is interested in stories relating to family, and this is definitely a unique and fresh take that really makes you think about what a family is," said Marshall Eisen, series executive producer.

Speicher's nose ring and adeptness with video selfies make her a natural MTV personality and easily relatable for the audience. Eisen's original interest was in half siblings finding each other, but Speicher's desire to find her donor adds a richness and level of complexity to the story.

In the first episode, she travels to suburban Atlanta to meet Jonah and Hilit Jacobson, twin 18-year-olds who had the same sperm donor.

THE ASSOCIATED PRESS

A donor baby's journey

"You think you know what to expect. You think you can handle it. But until you get to that point, there's no way to prepare."

Breeanna Speicher, a college student featured in MTV's Generation Cryo

Start-up advice from a couch-surfing millionaire

Entrepreneurship. Brian Chesky, CEO of home-sharing website Airbnb, says it's a great time to go it alone

ELISABETH BRAW
Metro World News

Heard the story about the guy who earned a fortune on his spare bed? Well, it's true. New Yorker-turned-San Franciscan Brian Chesky and his two co-founders came up with the idea of Airbnb as a way of making a few bucks. Five years later, Airbnb is the go-to place for every young (and not-so-young) traveller, with offices in 11 countries and 10 million nights booked in homes like yours. Chesky, now 31, explains how to succeed with your own idea.

Everyone wants to become a hugely successful entrepreneur, but 99 per cent of business ideas don't end like Airbnb. How did you know that you had a winner?
We didn't know that Airbnb would be a winner. It started because one weekend my roommate and I discovered that we had no money for rent. But there was a big conference coming up in San Francisco and all the hotels were sold out. My roommate and I thought, "Why don't we organize a bed and breakfast for the conference?" We pulled air beds out of a closet and rented out space in our apartment. We called it the Air Bed & Breakfast.

So your company didn't seem like a winner in the beginning ...
We thought it was a clever idea, but we didn't know that it would be successful. Then we asked some other people to try it and they loved it. That made us realize that if other people experienced what we experienced, they'd really like the experience, too.

So the challenge was to get people to try it, so we tried to get people around the world to do it. We thought just a few people would do it, that hosting people in your house is not for everyone.

But at a certain point we started noticing that lots of people were doing it and loved it, not just people like us — people of all ages and backgrounds. At a certain point it became clear to us that it was a great idea because it had something for everyone.

What's the make-or-break point for a start-up?
When word of mouth starts taking off and your business starts growing without anything that you're doing. That's when you know that it's going to be pretty big. If people are incredibly excited about it, they'll tell lots of people.

Then you realize that it's a huge market: tons of people who love your product tell everyone they know about it. You can feel it. It's not like you wake up one day and just know that your company will be a success; it's more like a momentum, like the temperature getting hotter and hotter and hotter.

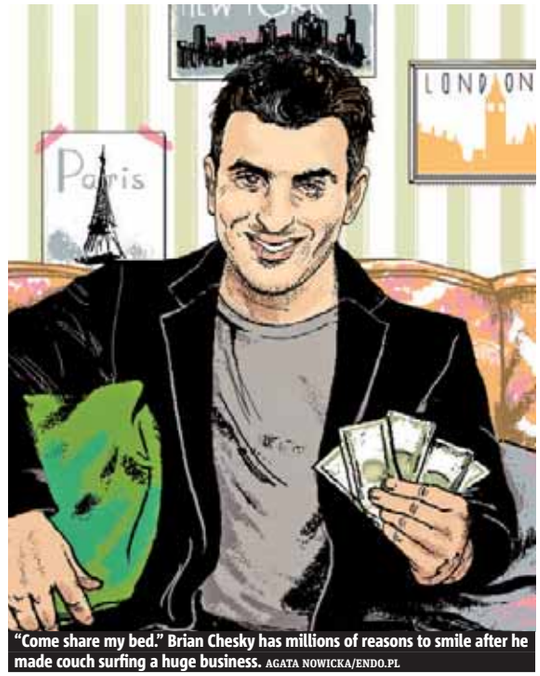
What's your main motivation? Finding people a place to stay for free? Couch surfing enthusiasm? Making money?
A new economy is being built around the world, and it's based on the idea of sharing. It's not inevitable, but if it happens, it will be a fundamentally better world, and it will provide an alternative to billions of people, people who are connected with each other.

We want to help create that kind of world. I also want to provide incredibly meaningful experiences to millions of people all over the world. And I want to help create a new company culture that will impact how the 21st century works.

Youth unemployment is at a record high in many countries. What's your advice to a young, well-educated person who can't find a job?
The challenges of high youth unemployment may very well create lots of new opportunities that will, in the long term, be really good for an entire generation.

Are you saying that recession is a good opportunity for young people to try out something totally new, like entrepreneurship?
Entrepreneurship success can happen for many kinds of people. Not everyone has to have a company the size of ours, but I think anyone can be autonomous. I think the reason many young people are unemployed is that they don't fit into the current market system, but it doesn't mean that you can't create your own market.

For example, we're having many micro-entrepreneurs join Airbnb. They don't start their own companies, but they're providing services as hosts and build businesses around that. I think now is one of the best times in the world to strike out on your own: it's small, it's connected, and it's easy to do it. Sometimes it takes really difficult times to make people look at other options.



"Come share my bed." Brian Chesky has millions of reasons to smile after he made couch surfing a huge business. AGATA NOWICKA/ENDO.PL

PRACTICAL REASONS FOR PURSUING AN MBA

A decision to pursue an MBA from a top business school with a good reputation could be one of the best career enhancing moves you make.

Pursuing an MBA can be both expensive and demanding, so you should be clear on why you would want to embark on such a journey. There are, however, some good practical reasons to get an MBA degree.

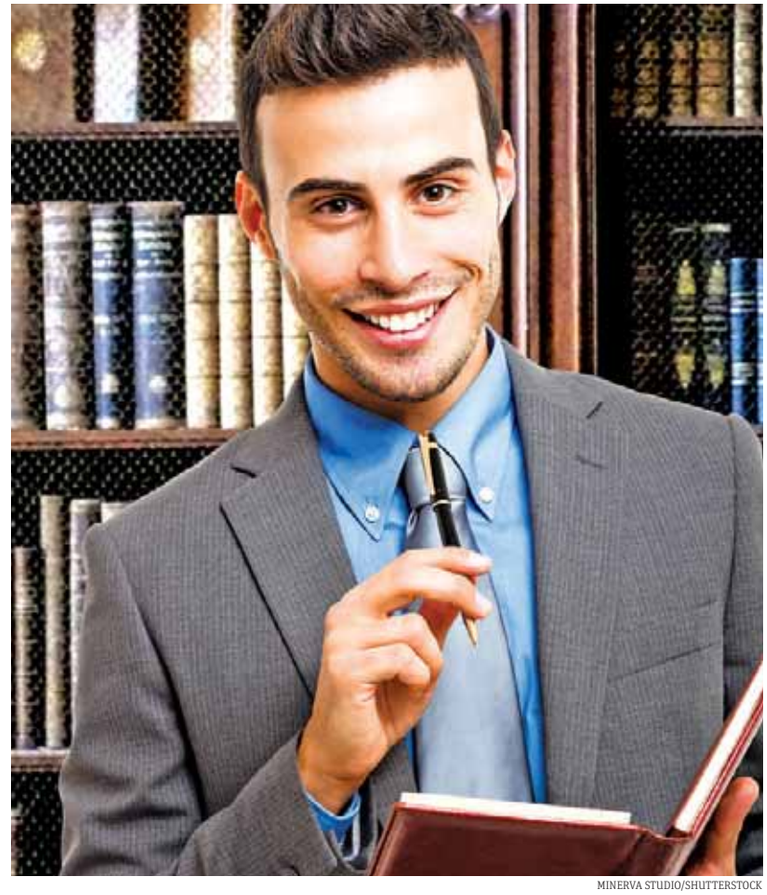
Getting an MBA can make you more marketable in a variety of fields. An MBA is an excellent choice for those who would like to change careers and switch industries. While enrolled in an MBA program, you will not only get general business and management expertise, but also the chance to specialize in one particular area. Specializing in finance, accounting, marketing or human resources will enable you to work in that field regardless of your previous working experience.

Itching to climb the ranks? Pursue an MBA if you want to advance your career in finance, banking and consultancy because there is only so far you can advance in those careers without an MBA degree. Pursuing an MBA also offers great networking opportunities, both for students and graduates.

Becoming a future executive or a business leader is easier with an MBA education behind you. As an MBA student, you will study leadership and management philosophies that can be applied to any leadership role.

Studying for an MBA will keep you challenged — you will learn new skills and managerial techniques and deal with the latest issues in the field of the business administration.

Before dealing with the high entry requirements and the inevitable question "Why MBA?" in your application essay, step back and ask yourself if those are good enough reasons for you to pursue an MBA degree. Your further steps will be defined by the answer to this question.



MINERVA STUDIO/SHUTTERSTOCK

NYIT Vancouver Launches…

Master of Science in Information, Network and Computer Security

Program starts March 2014 and applications for this coveted program are being accepted now.

NYIT-Vancouver also offers:

General M.B.A. and M.B.A. with Concentrations in Finance or Tourism

International Students Eligible for Off-Campus and Post-Graduation Work Permits

For details, visit:
nyit.edu/canada
or call 604.639.0942
email: vancouverinfo@nyit.edu
NYIT, 701 W. Georgia St., 17th floor, Vancouver

NYIT
NEW YORK INSTITUTE OF TECHNOLOGY
WE'RE OUT THERE. JOIN US.

LIMITLESS OPPORTUNITIES

AT NYIT-VANCOUVER

The best of Vancouver and New York are combined in an MBA from the Vancouver campus of New York Institute of Technology (NYIT).

Founded in 1955 as a private, not-for-profit university in the state of New York, NYIT has campuses in Manhattan, Long Island, the Middle East, China, and Vancouver.

Following its long-term strategic plan for a global university, NYIT is designed to allow students to move among campuses with complete transferability of credits and graduate with the same degree from any campus.

Students can start a general MBA in Vancouver and complete a concentration in New York, as several NYIT students have already done.

NYIT-Vancouver recently received approval from the Ministry of Advanced Education of British Columbia to offer two concentrations in its well-established MBA — one in finance and one in tourism.

These MBA concentrations will be available in Vancouver in early 2014, creating limitless opportunities for students to pursue a quality, career-oriented business education with a global edge.

CONTRIBUTED

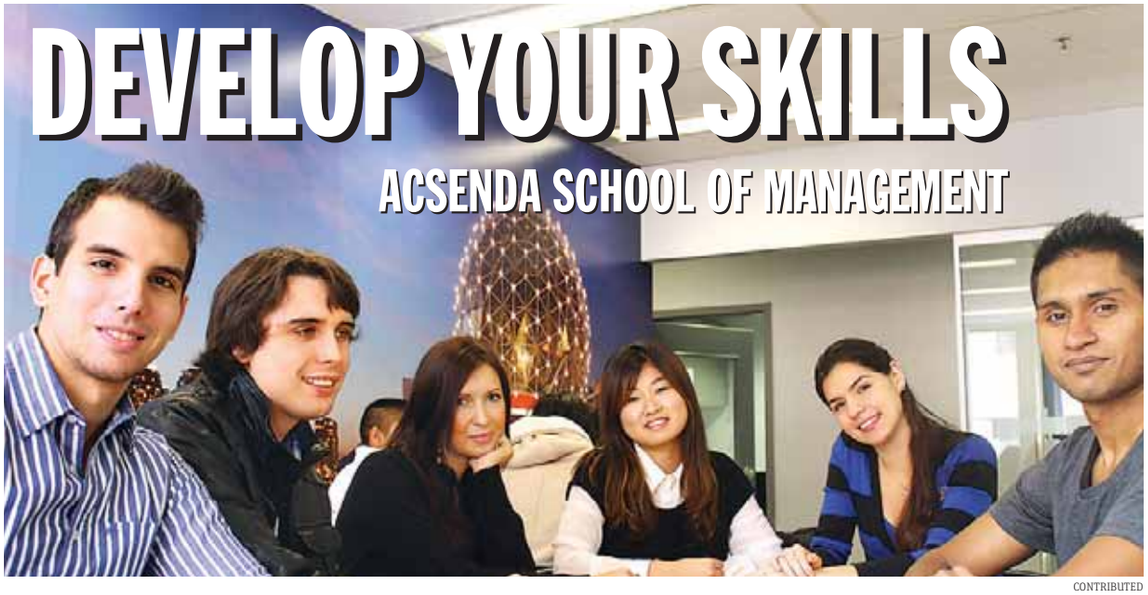
NYIT students enjoy small class sizes, flexible schedules that accommodate working professionals, and personalized attention from professors who have hands-on expertise in the business sector.

The program is open to all qualified students, regardless of undergraduate major.

More information about NYIT-Vancouver and its programs is available at nyit.edu/canada or by email at vancouverinfo@nyit.edu.

DEVELOP YOUR SKILLS

ACSENDA SCHOOL OF MANAGEMENT



CONTRIBUTED

Acsenda School of Management (formally Sprott-Shaw Degree College) not only focuses on giving students a deeper level of critical thinking and business knowledge through the bachelor of business administration (BBA), but students also receive a cross-cultural experience that prepares them for international business.

"Ours is an applied degree, which means that while we cover the essential breadth and depth of business knowledge needed to earn a bachelor's degree, we also focus on the application of that knowledge and the development of related skills, skills that are especially valued by employers," says William Garrett, vice-president academic and provost, Acsenda School of Management.

Ascenda School of Management offers the BBA with concentrations in marketing, human resources management, accounting and international business management, and advanced diploma in business administration.

Although Acsenda does not offer a traditional MBA program, Garrett says the BBA does have many of the career benefits of having an MBA.

"Careers are improved when employees have in-depth knowledge in a field, the ability to apply that knowledge and the ability to show leadership and demonstrate interpersonal skills in working with others," Garrett says. "The Acsenda BBA helps students build this foundation for a successful career."

Acsenda School of Management offers a series of diplomas and certificates in these same specialty areas, but these programs are specifically designed to help those who already have a degree or diploma in another area to gain core business knowledge and skills so that they are more employable.

They include post-graduate certificate in general management, post-graduate diploma in general management, marketing, human resources management, accounting and international business management, and a new multiple level English bridging program.

Behind the new name, Acsenda still offers the same great program, staff and students that have previously gone relatively unknown.

"We wanted a name that was essentially neutral, but one that would be easily remembered and, in time, would come to be associated with our specific educational mission and related services," Garrett says.

For more, visit acsenda.com.

UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA

UNBC MBA

2 Locations: Prince George and Vancouver

Master Of Business Administration (MBA)

Getting ahead in your career is more attainable.
UNBC makes pursuing an MBA achievable for the working professional.

unbc.ca/mba | unbc.ca/commerce
1-866-960-6125 | 250-960-6125 | mba@unbc.ca

We offer:

- One weekend session per month
- Quality face to face interaction with professors and peers
- Classes work on a cohort system which allows students to build a valuable network of colleagues
- Completion (start to finish) in 21 months

STAND OUT FROM THE CROWD WITH UNBC

Conveniently located at the beautiful Langara College at the Langara-49th Avenue stop on the Canada Line, make getting an MBA through the University of Northern British Columbia (UNBC) your next stop on your career path.

Through a new partnership between UNBC and Langara College, students will receive a 21-month, start-to-finish MBA degree program for the working adult with essentially one long weekend (Friday, Saturday, Sunday) of classroom delivery monthly.

"We explored numerous venues in Vancouver and found Langara College to have the most accessible central location along with a beautiful campus with excellent service," says Dr. Raymond Cox, MBA director, school of business, University of Northern British Columbia.

The classroom delivery is 100 per cent face-to-face with the same cohort — you start with a group of students and stay together as you proceed through the program.

The UNBC MBA is designed as a general management graduate degree with courses in corporate finance, organizational behaviour, accounting, business strategy, operations management, law, governance and ethics, managerial economics, marketing, project management, quantitative decision analysis, human resources, management of technology, and international business.

CONTRIBUTED

"The MBA delivers an extremely high return on investment for those that want a pay raise, promotion, switch to another organization or jump to another industry," Cox says. "With an MBA you stand out from the crowd and you will have greater potential to advance to the executive level. Or maybe be the one who does not get cut in the next corporate restructuring or downsizing."

Cox says, compared to other MBA programs around the country, this MBA is offered at a more reasonable cost for students looking to add new credentials to their resumé.

For more information, please visit unbc.ca/commerce/mba.

PARTNERSHIP

UNBC is one of the four traditional research universities in British Columbia. Both UNBC and Langara College are working together to deliver a high-quality MBA at a beautiful convenient location.

The partnership with Langara College was initially added to serve as a host post-secondary education site for classroom delivery to the underserved MBA market in the Lower Mainland.

SMALL CLASSES. BIG IDEAS.
WHERE STUDENTS LEARN HOW TO DO BUSINESS

Acsenda School of Management is an innovative institution dedicated to student success, with a strong commitment to INTERNATIONAL THINKING & INDIVIDUAL FOCUS.

EARN AN APPLIED DEGREE WITH CONCENTRATIONS IN:

> INTERNATIONAL BUSINESS MANAGEMENT
> ACCOUNTING
> MARKETING
> HUMAN RESOURCES MANAGEMENT
> GENERALIST

NEXT START DATE: OCTOBER 1ST
SCHOLARSHIP & BURSARY AVAILABLE*

604.430.5111
INFO@ACSENDA.COM
WWW.ACSENDA.COM
1090 WEST PENDER - 9TH FLOOR, VANCOUVER

*CONDITIONS APPLY

ACSENDA
SCHOOL OF MANAGEMENT
VANCOUVER

Concussions

Three ex-Canucks involved in lawsuit

Three former members of the Vancouver Canucks are among 10 ex-NHLers to file a class-action lawsuit against the league, claiming it hasn't done enough to protect players from concussions, according to The Associated Press.

Gary Leeman, Robert Manno and Rick Vaive, who all spent time with the Canucks, were among the former NHL players represented as plaintiffs in the lawsuit, which was filed in U.S. District Court in Washington.

The suit comes three months after the NFL agreed to pay $765 million US to settle lawsuits from thousands of former players who developed concussion-related health problems.

Among other things, the suit claims the NHL knew or should have known about scientific evidence that players who sustain repeated head injuries are at greater risk for illnesses and disabilities, both during their hockey careers and later in life. The suit claims the NHL didn't do anything to protect players from unnecessary harm until 2010, when it made it a penalty to target a player's head.

"While the subject matter is very serious, we are completely satisfied with the responsible manner in which the league and the Players' Association have managed player safety over time, including with respect to head injuries and concussions," said NHL deputy commissioner Bill Daly in a statement. "We intend to defend the case vigorously and have no further comment at this time."

CAM TUCKER/METRO, WITH FILES FROM THE ASSOCIATED PRESS

Canucks show bite but lose to Kings

NHL. Anze Kopitar scores in overtime to lift L.A. to victory

CAM TUCKER
cam.tucker@metronews.ca

For the Vancouver Canucks, one single event looked like it was going to change the course of Monday's game against the L.A. Kings.

It wasn't a goal, and it wasn't a penalty kill. No, it was a thunderous but clean Jordan Nolan open-ice hit on Canucks captain Henrik Sedin in the second period that finally seemed to infuse some emotion into Vancouver's National Hockey League team.

About time. Frustration has been building for a while. The Canucks had lost six times in their last seven games prior to Monday and the whereabouts of any scoring ability were suddenly unknown.

But Nolan's hit on Sedin in the neutral zone finally triggered a response.

The Canucks battled their way back to take a 2-1 lead, but couldn't close this one out.

Instead, Mike Richards scored late in the third period to tie the game and Anze Kopitar scored in overtime to give the Kings the 3-2 win.

Sedin was slow to get up and was hunched over as he skated tenderly to the bench. But he stayed put. His teammates got mad. Then they got even. Well, almost.

The Kings' Jake Muzzin checks the Canucks' Brad Richardson during the first period in Vancouver on Monday.
DARRYL DYCK/THE CANADIAN PRESS

Canucks' value continues to grow

The Vancouver Canucks are now fourth on the list of the NHL's most valuable teams, according to Forbes Magazine.

- In a 30-team list the magazine published Monday, the Canucks were given a current value of $700 million, an astounding 105 per cent increase from last year.
- The Toronto Maple Leafs topped the list with a current value of $1.15 billion.
- According to Forbes, "the average NHL team is worth $413 million, 46 per cent more than last year."

Sedin scored on a third-period power play — Vancouver's eighth opportunity of the night with the man advantage, having gone 0-7 prior to that — to give the Canucks a 2-1 lead.

Chris Tanev got the Canucks on even terms in the second period, his point shot beating Ben Scrivens after a determined and physical forecheck.

But the Richards and Kopitar goals swiftly took two points away from the Canucks.

The Canucks now head out on the road for four games, beginning Thursday against the Ottawa Senators.

4 SPORTS

WHISTLER
GREAT DEALS ON SHORTER STAYS.
Get the best deals — guaranteed.

PRICE GUARANTEE

With over 8,100 acres of terrain including the most groomed runs in North America, an endless collection of outdoor activities ranging from snowshoeing to ziplining, and a village that never sleeps, you'll find you can just never get enough.

This season, spontaneous is easy. Take advantage of a snow dump, a "sick day", the occasional long weekend and our great deals on shorter stay Ski & Stay Packages. See you up here!

EARLY SEASON OFFER
2 NIGHT 2 DAY SKI & STAY PACKAGE
from $115* per person per night
On arrivals between Nov. 23 and Dec. 19, 2013

*Starting from package rate is per person per night based on 2 people in a studio, valid November 23 - December 19, 2013. Package includes 2 nights accommodations and a 2 day lift ticket per person. Taxes and fees are extra. Restrictions may apply. Other packages available for dates throughout the winter season, please inquire for details.

WHISTLER - NOW OPEN
1.866.383.9586 / whistlerblackcomb.com / PEAK 2 PEAK / WHISTLER BLACKCOMB

2014 MLS schedule.
Whitecaps open next year at home against Red Bulls

The 2013 Major League Soccer season hasn't even ended, with the MLS Cup match between Sporting Kansas City and Real Salt Lake scheduled for Dec. 7, but there is already chatter about next year.

The MLS released the 2014 schedule on Monday, providing a look ahead for the Vancouver Whitecaps.

The Whitecaps open the season at BC Place Stadium against the New York Red Bulls on March 8, and will close the regular season on Oct. 25 against the Colorado Rapids, the same team that eliminated the local club from playoff contention this year.

Looking to defend their Cascadia Cup title, the Whitecaps play the Seattle Sounders FC three times, including twice at home.

The Whitecaps host the Sounders May 24 and July 5, and will travel to Seattle and CenturyLink Field on Oct. 10. That game will also be broadcast on the NBC Sports Network.

The Whitecaps also play their fellow Cascadia Cup rivals from Portland three times.

The Timbers will host the Whitecaps twice, on June 1 and Sept. 20, with one other meeting back at BC Place on Aug. 30. CAM TUCKER/METRO

Waiver draft

The Whitecaps announced the club will not pick up the option on Greg Klazura's contract, which made him eligible for Monday's MLS waiver draft.

- Klazura, 24, spent two seasons with the Vancouver side. He was picked up in the 2012 MLS supplemental draft. He made only two appearances with the club, both in the 2013 season.
- The Whitecaps did not select any player available in the draft.

49ers' Kaepernick has golden touch vs. Redskins

49ers quarterback Colin Kaepernick eludes the Redskins' Perry Riley on Monday night in Landover, Md. ALEX BRANDON/THE ASSOCIATED PRESS

NFL. San Fran QB gets back on track with 235 yards passing and 3 TDs

If Colin Kaepernick and Robert Griffin III have had becoming the future of football suddenly put on hold, consider Kaepernick the one more likely to get going again.

The young, mobile quarterbacks who have struggled in 2013 after breakout years in 2012 faced off for the first time Monday night, and Kaepernick clearly outperformed his counterpart as the San Francisco 49ers broke a two-game losing streak with a 27-6 win over the Washington Redskins.

Kaepernick completed 15 of 24 passes for 235 yards — the first time in five games he's topped 200 yards — with three touchdowns and no interceptions.

The Redskins bottled up Frank Gore (13 carries, 31 yards), essentially daring Kaepernick to throw the ball, and the QB responded by showing some veteran-like chemistry with veteran Anquan Boldin.

"We showed people we can pass the ball," Gore said. "That's big for this team."

Boldin finished with five catches for 94 yards and two touchdowns.

Griffin's fall has been more precipitous. He threw his 11th interception Monday night, more than twice the number he had all last season.

He completed 17 of 27 passes for 127 yards and was sacked four times. THE ASSOCIATED PRESS

Monday Night Football

49ers	Redskins
27	6

NBA

Rose's season over after surgery

Chicago Bulls star Derrick Rose is out for the remainder of the season.

The team said that Rose had successful surgery Monday morning in Chicago to repair a torn medial meniscus in his right knee. He was hurt Friday night at Portland.

Rose was off to an up-and-down start. He was averaging 15.9 points and was shooting just over 35 per cent. THE ASSOCIATED PRESS

NBA

Kobe inks 2-year contract extension

The Los Angeles Lakers signed Kobe Bryant to a two-year contract extension Monday, securing the fourth-leading scorer in NBA history into his 20th season with the franchise.

Bryant, 35, hasn't played this season while recovering from surgery on his torn Achilles tendon in April.

ESPN reported the deal is worth $48.5 million US. Bryant is making $30.45 million this season.

THE ASSOCIATED PRESS

NHL. Oilers' short spurt of success runs dry as Blackhawks win in rout

Blackhawks, from left, Kris Versteeg and Jeremy Morin congratulate Andrew Shaw on his goal against Oilers goalie Devan Dubnyk on Monday. JOHN ULAN/THE CANADIAN PRESS

Andrew Shaw had a pair of goals and Patrick Kane scored on the power play to extend his point scoring streak to 11 games as the Chicago Blackhawks defeated the Edmonton Oilers 5-1 on Monday.

Jonathan Toews and Johnny Oduya also scored as the Blackhawks (17-4-4) won their third game in a row. Chicago has gone 11-2-1 in its last 14 games.

The Blackhawks moved ahead of Anaheim and into first place in the NHL with the victory.

Justin Schultz replied for the Oilers (7-16-2), who saw a season-high three-game winning streak come to an end.

The rout was officially on as the Blackhawks made it 4-0 six minutes into the middle period on a 3-on-1 as Jeremy Morin made a backhand pass to Shaw who had a ton of net to deposit the puck into.

That goal spelled the end of the night for starter Devan Dubnyk and set the stage for the debut of Ilya Bryzgalov.

The veteran goalie, who signed a free agent deal with Edmonton on Nov. 8, hadn't played an NHL game since becoming a compliance buyout of the Philadelphia Flyers in June with seven years remaining on his nine-year, $51-million US contract.

The Blackhawks play the fifth game of their seven-game road trip in Calgary on Wednesday, their annual trip that coincides with the circus hitting Chicago. The Oilers start a three-game road trip in Nashville on Thursday.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	24	16	6	2	68	46	34
Tampa Bay	24	15	8	1	72	61	31
Toronto	24	14	9	1	66	60	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	25	7	13	5	56	81	19
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	25	15	9	1	72	58	31
Washington	24	12	10	2	72	68	26
NY Rangers	24	12	12	0	48	59	24
New Jersey	24	9	10	5	50	58	23
Carolina	24	9	10	5	49	67	23
Philadelphia	23	10	11	2	50	56	22
Columbus	24	9	12	3	62	71	21
NY Islanders	24	8	13	3	68	82	19

Monday's results
Winnipeg 3 New Jersey 1
Boston 4 Pittsburgh 3 (OT)
Columbus 6 Toronto 0
Florida 3 Philadelphia 1
Tampa Bay 5 NY Rangers 0
Nashville 4 Phoenix 2
St. Louis 3 Minnesota 0
Chicago at Edmonton
Los Angeles at Vancouver
Sunday's results
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
Tuesday's games — All Times Eastern
Anaheim at Dallas, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	23	17	3	3	82	50	37
Chicago	24	16	4	4	87	70	36
Colorado	22	17	5	0	69	45	34
Minnesota	25	15	6	4	64	58	34
Nashville	24	12	10	2	56	69	26
Winnipeg	26	11	11	4	69	76	26
Dallas	22	11	9	2	61	65	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	24	14	6	4	80	78	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

Wednesday's games
Nashville at Columbus, 7 p.m.
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Washington, 7 p.m.
Montreal at Buffalo, 7 p.m.
Carolina at New Jersey, 7 p.m.
NY Rangers at Florida, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Boston at Detroit, 7:30 p.m.
Phoenix at Minnesota, 8 p.m.
St. Louis at Colorado, 9 p.m.
Chicago at Calgary, 10 p.m.
Los Angeles at San Jose, 10:30 p.m.
Thursday's games
Vancouver at Ottawa, 7:30 p.m.
Edmonton at Nashville, 8 p.m.

NFL

WEEK 12

Monday's result
San Francisco 27 Washington 6
Sunday's results
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
New England 34 Denver 31

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE
Saturday's result
Sporting KC 2 Houston 1
(Sporting KC advances 2-1 on aggregate)
WESTERN CONFERENCE
Sunday's result
Real Salt Lake 1 Portland 0
(Real Salt Lake advances 5-2 on aggregate)

MLS CUP

Saturday, Dec. 7
Sporting KC vs. Real Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	13	1	.929	—
Miami	11	3	.786	2
Atlanta	8	6	.571	5
Toronto	6	7	.462	6½
Chicago	6	6	.500	6
Charlotte	7	8	.467	6½
Detroit	6	8	.429	7
Philadelphia	6	9	.400	7½
Washington	5	8	.385	7½
Boston	6	10	.375	8
Orlando	4	9	.308	8½
Cleveland	4	10	.286	9
New York	3	9	.250	9
Brooklyn	3	10	.231	9½
Milwaukee	2	11	.154	10½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	13	1	.929	—
Portland	12	2	.857	1
Oklahoma City	9	3	.750	3
L.A. Clippers	10	5	.667	3½
Houston	10	5	.667	3½
Dallas	9	6	.600	4½
Golden State	8	6	.571	5
Denver	7	6	.538	5½
Memphis	7	7	.500	6
Minnesota	8	8	.500	6
Phoenix	7	7	.500	6
L.A. Lakers	7	7	.500	6
New Orleans	6	7	.462	6½
Sacramento	4	9	.308	8½
Utah	1	14	.067	12½

Monday's results
Indiana 98 Minnesota 84
Boston 96 Charlotte 86
Miami 107 Phoenix 92
Detroit 113 Milwaukee 94
Houston 93 Memphis 86
Denver 110 Dallas 96
San Antonio 112 New Orleans 93
Chicago at Utah
New York at Portland
Tuesday's games — All Times Eastern
L.A. Lakers at Washington, 7 p.m.
Brooklyn at Toronto, 7 p.m.
Orlando at Atlanta, 7:30 p.m.
Golden State at New Orleans, 8 p.m.

CFL PLAYOFFS

101ST GREY CUP

At Regina, Sask.
Sunday's result
Saskatchewan 45 Hamilton 23

Horoscopes

♈ Aries
March 21 - April 20
It may appear as if a rival has got the upper hand but you are not beaten yet. You are at your best when your back is to the wall and things look grim. It brings out the fighter in you.

♉ Taurus
April 21 - May 21
Whatever you do today will go extremely well but you will also have to deal with people who can't stand the idea of you being successful and constantly pick holes in your triumphs. Ignore them.

♊ Gemini
May 22 - June 21
Your own interests must come first. No matter how sorry you feel for someone and no matter how much you want to help them out, don't jeopardize your own position. If the roles were reversed would they sacrifice for you?

♋ Cancer
June 22 - July 23
According to the planets, you are not much in the mood for working with other people. That's good. Creative projects will go best if you cut yourself off from the world and focus on what matters to you.

♌ Leo
July 24 - Aug. 23
If you believe that a certain course of action is necessary then go for it and don't think of what might happen if it goes wrong. Life is a gamble or it is nothing, so follow your instincts and don't give up.

♍ Virgo
Aug. 24 - Sept. 23
Something you have been dreaming of for months is now within reach and before this day is over you will have one hand firmly on the prize.

♎ Libra
Sept. 24 - Oct. 23
Someone appreciates what you have done and over the next 24 hours will go out of their way to show it. Take it as a reminder that good deeds never go unrewarded.

♏ Scorpio
Oct. 24 - Nov. 22
You like a challenge, be it mental or physical, and that's good because someone will confront you with a puzzle that takes all your brain power to solve. Don't look for the obvious answer. Look for what everyone has missed.

♐ Sagittarius
Nov. 23 - Dec. 21
Force yourself to go beyond your natural limits today. You will find you still have plenty in reserve. You may be easygoing by nature but there is also a tenacity about you. You refuse to be defeated.

♑ Capricorn
Dec. 22 - Jan. 20
It's good to learn from your own mistakes but it's better to learn from other people's. Watch them do something the wrong way then do it the right way. That's easy enough.

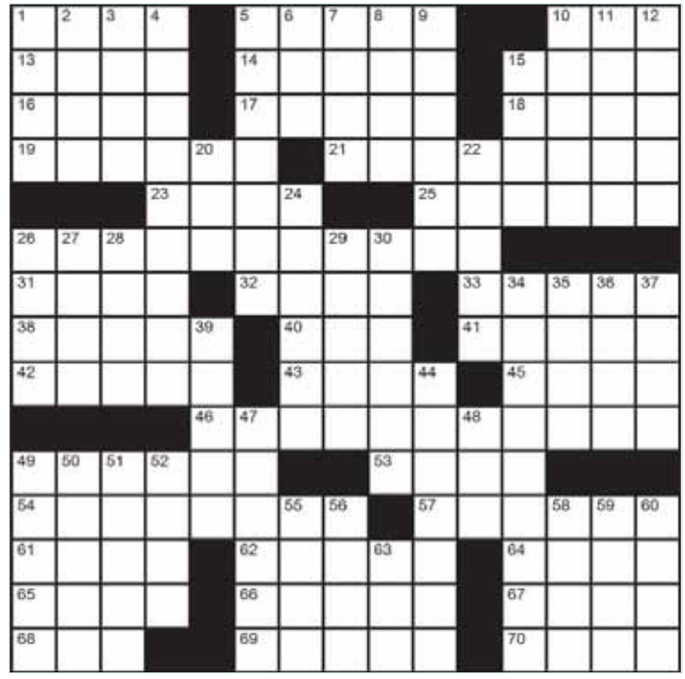
♒ Aquarius
Jan. 21 - Feb. 19
You are under no illusions about what needs to be done to improve your career but can you translate that into action? Many people's great ideas never come to much. You must not be one of them.

♓ Pisces
Feb. 20 - March 20
You can try to change another person's opinions about something but it's unlikely you will succeed. Even if facts are on your side, they'll refuse to see it your way. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



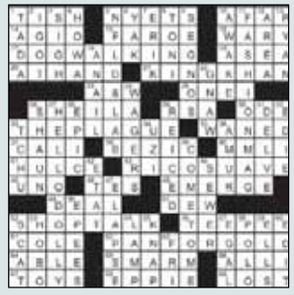
Across

1. Toronto Mayor Rob Ford's brother
5. Stack creator
10. The Queen __ (b.1900 - d.2002)
13. Montreal suburb, Baie-D'__
14. Pointed arch
15. Optimism
16. Deity worshipped in ancient Thebes [var. sp.]
17. "__, __ really." (Response to "Would you like to...")
18. Roughly, __ __ about
19. Tom Cruise vampire
21. Canadian novelist, Douglas __
23. Luau souvenirs
25. Ottawa: __ Canal
26. __ _: Tales for an Accelerated Culture (Bestseller by #21-Across)
31. Sort of lily
32. Political party event [abbr.]
33. Toaster waffles
38. Cycled
40. Lyric poem
41. "Hasta __!" (Bye, in Spain)
42. Panorama
43. Early helicopter
45. __-do-well
46. The Prairies, Canada's __
49. Stingy
53. Twi'lek dancer of Jabba the Hutt's court in "Return of the Jedi" (1983)
54. Historic area of Winnipeg, __ District
57. "My sentiments exactly!": 2 wds.
61. Venue
62. Poi ingredients
64. Skeleton part
65. Gin flavouring
66. Up in the air
67. Pet fish's home
68. Hankering
69. Survives
70. Young hawks

Down

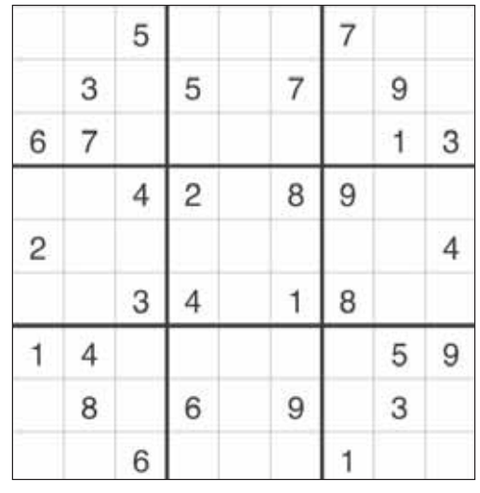
1. Double
2. Paul Revere & The Raiders song: "Him __ __ - What's It Gonna Be?"
3. Li'l saucers
4. "Shelter Valley": Debut single by Cobourg, ON band __ Husbands
5. 18th-century Chief of The Ottawa
6. 54-40's "_ __ Blind" Labrador
15. Grasp
20. Irish carrier, __ Lingus
22. High-tech dot
24. Larry, Curly or Moe
26. Chatters
27. Mr. Clapton
28. Microwave, in slang
29. Agra's locale
30. Exaggerate
34. 21-__ __
35. Nerd
36. S-shaped moulding
37. Variety
39. Ms. Winger
44. Some members of orchestras
47. Leased car
48. Completely
49. Dishevelled
50. Banish
51. __ Bell, pen name of youngest Bronte Sister, Anne (b.1820 - d.1849)
52. Clarified butter
55. Grand party
56. Cupid's Greek counterpart
58. That which Buffy would do
59. "True Blood" star Ms. Paquin
60. Creatures of Tibet
63. Commonly, in poetry
7. Hamilton expressway, The __
8. Rachael Ray's cooking stuff
9. Bring back
10. Singer, Janelle __
11. ABC's "Once __ _ Time"
12. Labrador Sea, in French: __ __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	6	2	7	8	3	9	5	4
7	5	4	2	1	9	6	3	8
9	8	3	6	5	4	7	2	1
2	3	8	9	4	1	5	7	6
5	9	6	8	2	7	1	4	3
4	7	1	3	6	5	8	9	2
8	1	9	5	3	2	4	6	7
3	4	5	1	7	6	2	8	9
6	2	7	4	9	8	3	1	5

Today 8°/6° Partly cloudy
Wednesday 9°/5° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

m2 dental
BOOK AN APPOINTMENT FOR A NEW SMILE TODAY!
604 685 9851
50-323 Jervis St
www.m2dental.com

Visit metronews.ca
metro

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca
Honolulu
$445 from
Travel Feb 24 - Mar 6
INCLUDES roundtrip airfare.
Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

TUESDAY, NOVEMBER 26

TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER $99

See below for details.

Save $170

$99.99

Regular $270

CALVIN KLEIN hooded down and feather fill coats

Choose from 4 styles and a range of colours.

Plus, 50% off women's outerwear

in our women's outerwear department

See below for exclusions.

Save $38

$29.99

Regular $68

Women's CALVIN KLEIN leather touch gloves for smart phones and screens

In our women's outerwear department. Assorted colours and prints.

HUDSON'S BAY

Be the first to know about our One Day Sales – sign up at thebay.com or follow us on:

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. **Women's outerwear** excludes Lauren by Ralph Lauren, Marella, Cinzia Rocca, Cole Haan, Moose Knuckles, Paja, Soia & Kyo, Artic Expedition, Sandro, Maje, Jacques Vert Group, Olsen Europe, Toni Plus and items with 99¢ price endings. **FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes: furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.